

COMMUNITY MAGAZINE

In This Issue

Page 2	UPC Receipts & Payments Summary
Page 3	Fraud Warning
Page 4	Community First Responder (CFR)
Page 5	Are you a Veteran?
Page 6	Upwell Bowls Club
Page 6	Lunch Club
Page 7	The Jean And Graham Tidmas Foundation
Page 8	Lakesend Village Hall
Page 9	Dance Wize
Page 10	Green Fingers Gardening
Page 11	Three Holes Village Hall And Playing Field
Page 12	Warmer Homes
Page 12	Report a Problem
Page 13	Youth Club
Page 14	Well Creek Trust
Page 14	Upwell Secondary School Reunion
Page 15	Upwell Garden Church
Page 16	Upwell Academy
Page 18	Upwell Playing Field Committee
Page 19	Nature Notes
Page 20	Ladies Running Club
Page 21	Summer Artisan Fayre
Page 22	Welle Cinema
Page 23	Upwell Village Hall
Page 23	Tea on Tuesday
Page 24	Upwell Town Youth FC
Page 26	Kids Fun Page
Page 27	Location Of Defibrillators
Page 27	Useful Contacts



POSTCARD COMPETITION UPDATE

Here is Alysha Moat's submission to the postcard competition launched in the Spring Magazine. This photograph of the swan family will make a lovely postcard.

More entries are welcome so below is also a suggested postcard design. Let us know what you think about this style of postcard as an invitation to visit Upwell. Perhaps you have suggestions as to what else may be included in a postcard for the village.

We would love to hear your views. If there are children who have some bright ideas let us have those as well. The more contributions, the better the selection. This is for fun, but your ideas and submissions may result in a set of unique postcards being produced for worldwide distribution.

Please send entries via email to cllr.tom.fairbrother@upwell.pc.gov.uk and include the title of the photograph, name of the photographer (and age if under 16). Entries should be JPG format scalable to A6 landscape.



UPWELL PARISH COUNCIL

Summary of Receipts & Payments year ending 31st March 2026

2024_2025

RECEIPTS

39607	Precept
15909	Allotments - Agricultural & Garden
	Freebridge
	grit
	PRoW
21776	Cemetery
6390	Village Hall recharges
0	Veolia
3756	Magazine
32690	CIL
389	BCKLWN
338	NCC
0	Grants
3157	Bank interest
5657	VAT
129669	TOTAL RECEIPTS

PAYMENTS

30710	Clerk Salary
443	Expenses
393	Payroll
460	Audit fees
124	Bank/Loans
7759	Agricultural land
340	Garden Allotments
8327	Parks and open spaces
1135	PRoW
9741	Cemetery (grass cutting etc.)
5358	Street lights
315	Hall Hire for meetings
13827	Village Hall
2119	Veolia
3498	Advertising/Magazine
0	Training
33260	CIL
35	Subscriptions
3478	BCKLWN
96	NCC Highways
1754	Grants
0	Election Fees
85	Clerks laptop
260	website
25	S137 payments
4337	Insurance
0	misc.
9343	VAT
137222	TOTAL PAYMENTS

106317	Opening Balance
129669	Plus total receipts
137222	Less Total Payments

98764 Total transferred to Annual Return

Represented by

13627	Unity Trust Account 20281171 - Tailored account
17106	Unity Trust Account 20281184 - Tailored deposit
67519	Unity Trust Account 20475149 - Tailored deposit
512	Hinckley and Rugby 74575938

98764

Signed by:

Responsible Finance Officer Mrs Melanie Hilton

2025_2026

39608
15758
48
17
242
9220
5780
230
4660
12159
450
15757
432
1279
9679
115319

31599
590
0
460
128
7943
552
50176
1490
10589
7050
422
12389
2282
4777
102
10000
1599
3812
0
416
0
980
432
85
4712
15
7917
160517

160517

98764
115319
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53566

9699
3316
40039
512
53566



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Website: www.pro-s.co.uk

FRAUD WARNING

Warning for online shoppers after spike in criminals gaining unauthorised access to retailer accounts.

Report Fraud is urging online shoppers to stay alert for unusual activity on their accounts following a rise in criminals gaining access to buy expensive goods.

Recent reporting highlights Argos as a key trend in this activity. Report Fraud has seen a significant increase in cases mentioning the retailer, reflecting how criminals are targeting well-known brands. Argos is actively working with authorities and its customers to identify suspicious activity and strengthen safeguards.

Criminals are using login details obtained from data breaches to gain unauthorised access to retailer accounts. This is possible due to the practice of reusing the same password across multiple online accounts. Once they have control of the account, criminals will place online orders and then collect the good in-person at a physical store. In some instances, the goods are paid for using payment details not connected to the victim of the compromised account.

These fraudulent orders are frequently fulfilled through 'click and collect', allowing offenders to retrieve goods in person.

In May, Report Fraud received 652 reports which mention Argos, a 323 per cent increase compared to April, when 154 reports mentioning the retailer were made. Since the start of 2026, there have been 1,175 reports mentioning the retailer, with May seeing the highest number to date.

Argos has been contacting customers who may have been affected and continues to work closely with partners and shoppers to help protect accounts and prevent further incident.

Detective Chief Inspector Steven Kettle, Head of Crime Services at Report Fraud, said:

"Report Fraud urges anyone with online retail accounts to remain vigilant and be alert to any unusual or suspicious activity."

"It is essential to take appropriate steps to protect your accounts by following Report Fraud's guidance. If you believe you have been a victim of fraud, please report it to Report Fraud via reportfraud.police.uk or by calling 0300 123 2040."

How can you protect yourself?

All shoppers with any retailer should take measures to protect their online account. Here is what you can do:



- **Reset passwords:** if you noticed any unauthorised activity on an online account, you should change your password immediately. You should also do this for any accounts that use the same password. A good way to make sure your passwords are secure and strong is to combine 3 random words to create a unique password. You should opt for a passkey if you can.
- **Enable 2SV:** whenever available, protect your online accounts by enabling 2-step verification (2SV).
- **Shopping online:** if you decide to create an account for the store you're buying from, don't allow them to store your bank details for future purchases.

If you have been a victim of fraud, you should tell Report Fraud by reporting it on the website at reportfraud.police.uk or by calling 0300 123 2040. Or if you live in Scotland, call 101.



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Report Fraud

(Report Fraud, Administrator, National)



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Chicken

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WEDS 4-9PM
THURS 4-9PM

FRI 11-1:30PM
4-9PM
SAT 11-1:30PM
4-9PM
SUN CLOSED

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772 398

COMMUNITY FIRST RESPONDER (CFR)

Welcome to the Community First Responder (CFR) section of your Community Magazine. We are proud to serve our community and grateful for your ongoing support.

Hours on call in the last three months: ~ 296

This Week's Focus: a day in the life of a CFR

Community First Responders (CFRs) come from all walks of life. Some are retired, some work full-time, and others balance volunteering alongside busy family lives. Anyone who is fit, able, and willing to undertake regular training can support their local community in this rewarding role.



Being a CFR is a significant commitment, and all of us are incredibly grateful for the encouragement and support we receive from local residents. As a secondary school teacher, most of my shifts take place at weekends and during school holidays, whilst other CFRs are often available during weekdays or evenings. Thanks to this teamwork, it's unusual for our area to be without CFR cover for very long.

When on duty, we carry a special device called an NMA, linked directly to the Ambulance Service Emergency Operations Centre (EOC).

When an emergency call comes through, the device emits a loud siren and displays basic details of the incident along with directions to the patient. Usually, I'm in the car within a minute. CFRs attend calls in their own vehicles and must always obey normal traffic laws, which can occasionally make delays frustrating, but safety always comes first.

Modern technology has made locating patients much easier. Services such as What3Words can help emergency crews find the exact location quickly, and if you ever call 999, turning on outside lights or opening gates can make a big difference too.

Because we respond from home, CFRs may arrive wearing a mixture of ambulance uniform and ordinary clothes. This is completely normal. All CFRs carry official NHS identification, and you should always feel comfortable asking to see it.

No two calls are ever the same. Some incidents are resolved quickly, whilst others may involve working alongside ambulance crews, air ambulance teams, GPs, district nurses, police, or fire services.

After each call, we restock equipment before returning home, ready for the next alert.



Many residents will have seen our local public-access defibrillators (AEDs) around the village. These life-saving devices are funded through charitable donations and can make a huge difference in a cardiac emergency. Sometimes, by the time a CFR arrives, CPR is already underway and a member of the public has brought an AED to the scene.

Whether or not the AED is used, it is very important that it is returned to its cabinet as soon as possible afterwards. Please do not hand it to the ambulance crew unless specifically asked to do so. If a CFR is present, we can often return it for you. Recently, volunteers had to spend more than a day tracking down a missing AED after it was accidentally kept by a patient's family. These machines are extremely valuable community resources and returning them promptly ensures they are ready for the next emergency.

Community Fundraising:

A special thanks for Upwell Methodist Church for the £232 raised during their May coffee



morning, and to all those who donated items or cake to the stalls. Community support is critical to the service provided by CFRs and every penny counts.

Next issue's focus: supporting your local CFRs.

If you would like to support your local CFRs or invite us to your event, contact: karen.hall@eastamb.nhs.uk

Stay safe!

James, CFR - Upwell

Five Things You May Not Know

- In the 1930's, tomato ketchup was sold as a medicine in the United States to treat indigestion
- Your taste buds are replaced roughly every 10 to 14 days
- Sloths are so slow at digesting food, that they can die of starvation on a full stomach
- Kangaroos are unable to walk backwards
- Human tooth enamel is as strong as Shark teeth

ARE YOU A VETERAN?

SWAFFHAM AREA

The Veterans Central Swaffham drop-in centre is now well established (and popular) and we have now fixed dates for the rest of 2026.

4th Tuesday of the month. Join us for hot drinks, cakes and conversation.



Come along for a FREE hot drink, cake, chat and a spot of banter, or to ask questions about veterans support.

Venue: The Regency Room, Swaffham Assembly Rooms, 1030 to 1300.

On Tuesday:

- June 23rd
- July 28th
- August 25th
- September 22nd
- October 27th
- November 24th
- December 22nd

Location: The Assembly Rooms are located in the centre of Swaffham and there is adjacent free parking for 2 hours (but use machine to get a ticket).

You are welcome to bring partners or carers.

Please spread the word to any military colleagues in the area.

More information?

Contact: ops@veteranscentral.co.uk
Mobile: 0771 3860040

Veterans Central

The Veterans Central charity (#1208763) is based at West Raynham SHQ (NR21 7PL) and is a facility for Military veterans, serving personnel and families, to support activities, wellbeing and social engagement. Veterans Central is open every Wednesday, Thursday and Saturday from 1000 to 1500.



FAKENHAM AREA

The Veterans Voice project aims to help veterans and family members find how to access veteran organisations and support groups, such as breakfast clubs and social hubs, identify opportunities for social interaction with other veterans, and provide information about support resources.



1st Thursday of each month. Join us for hot drinks, cakes and conversation.

Come along for a FREE hot drink, cake, chat and a spot of banter, or to ask question about veterans support.

Venue: Fakenham Library, Oak Street, NR21 9DY. 1030 to 1230.

On Thursday:

- 4th June
- 2nd July
- 6th August

More information?

Contact: loraine@veteranscentral.co.uk
Mobile: 0771 3860040

UPWELL BOWLS CLUB

NEW ROAD UPWELL WISBECH CAMBS PE14 9AB

Step on to the green and embrace the competition.

A perfect excuse to get away from daily stresses and soak up the fresh air.

Curious about what the game involves? Come down on a Friday night from 6pm. We will be happy to introduce you to the sport - just wear flat shoes. The game is active, engaging and a masterclass in strategy, patience and precision - and fantastic for mental well-being.

The club has much to offer, check us out on face book for social events. We hold relaxed roll ups, quiz nights, music nights and open drives plus in house competitions. The bar is open for that relaxing drink.

We are pleased to say that we have welcomed new members this year. Some who have never bowled before have already been entered into our team competitions and are performing well.

Don't miss out. The season is a short one so come on down and discover the magic of the game for yourself.

Contact our Chairman Mr T Rhodes on 07522 148164 for further details.

Rosey Bosworth

LUNCH CLUB

CHARITY NO 1082825

In May our charity celebrated 38 years of offering companionship and camaraderie to the older residents of Upwell and Outwell and the surrounding villages. Life has changed a lot since 1988, however the aim of the charity to reduce loneliness and isolation among the older members of the community remains our focus and this is still relevant, as the club currently has around 70 members. Unfortunately, due to space and facilities, we find it necessary to assess each application for membership individually and run a waiting list when necessary. There are no paid staff and the charity is run by a committee of volunteers.

Each fortnight we continue to offer a hot two course lunch with tea or coffee afterwards and the chance to have a chat (and perhaps a quiz) in informal surroundings, the high volume of conversation and laughter and the number of smiling faces confirm the aims of the club for Food, Friendship and Fun!

By the time your read this, members will have enjoyed a day trip and a Midsummer Madness lunch with music, mayhem and merriment and plans will be taking shape for our Harvest Celebrations so it will be another busy summer.

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 or email to: jackiescotten51@gmail.com

Jackie Scotten

Secretary,

Upwell and Outwell Age Concern Lunch Club

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THE JEAN AND GRAHAM TIDMAS FOUNDATION

REMEMBERING GRAHAM "BLUEY" TIDMAS and JEAN TIDMAS

Many people have asked to know more about Graham and Jean Tidmas.



Early Life and Career

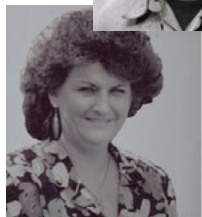
Graham was born on 26th December 1942 in Lewes.

After leaving school, Graham qualified as a stonemason. He later expanded his technical expertise, and he was awarded a Certificate of Welding Competency. Over the years he worked for a number of major employers including British Sugar and GEC Gas Turbines, as well as Longstaff and Shaw Ltd. While at Longstaff and Shaw he was highly commended by management for his wide knowledge of mechanical services, particularly air conditioning and heating systems, and for his exceptional electric arc welding skills – an area in which he passed numerous technical and insurance tests.



Marriage and Life in Upwell

On 15th September 1971, Graham married Jean Lillian Cooper, a true Fenland girl. Jean was born on 7th May 1941 and sadly passed away on 22nd April 2014. After their marriage, Graham and Jean made their home in Upwell, where Jean became the Postmistress at the Upwell Post Office in Town Street.



Graham quickly became a well-known local character. Entrepreneurial by nature, he was involved in several local ventures, including bedroom and kitchen furniture shops, and for a time he was the owner and, in 1992, landlord of the Five Bells public house in Upwell. Alongside his business interests, he built up a portfolio of properties.



Beyond business, Graham and Jean both believed strongly in supporting others. They contributed to numerous local and national charities, including Cancer Research UK, Welney Wetland Centre and Guide Dogs, as well as many other good causes.



Graham passed away on 17th March 2018. As he and Jean had no children and no surviving next of kin, careful arrangements had been made within their Wills to ensure their assets would continue to serve the community they loved. This led to the formation of the Jean and Graham Tidmas Foundation (Company Number 12152361).

Many residents will have their own memories of "Bluey" – perhaps a story from the Five Bells, a business dealing, or simply a friendly word in the village. While Graham and Jean are no longer with us, their legacy continues in a very practical way: supporting the very community they called home.

Through the Jean and Graham Tidmas Foundation, Graham and Jean's generosity lives on – quietly strengthening the fabric of Upwell life for generations to come.

CONTACT EMAIL - contact.jgtf@gmail.com

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Mon-Sun 5.30am to 10.00pm

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Lottery • Pay Point • Magazines • Cash Point

THE FRIENDSHIP CLUB

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



Each week we have either Bingo, Chinfo, 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

LAKES END VILLAGE HALL NEWS

Community Spirit

Last year some neighbours were affected by a fire which broke out, following a substation issue. They had to be evacuated from their homes while the blaze was dealt with by the local fire service. We were able to give the families refuge while their homes were made safe and we had some amazing offers of help from local residents including food and blankets etc. so it is important to note that, in the event of an emergency Lakes End Village Hall is recognised as a place of safety. If you are a resident in Lakes End or immediate surroundings and need access due to home evacuation please contact Donna Cauchi (Chair) 07904 641546.

Our funding search at this time is focussing on getting a generator so that we are able to independently provide warmth and hot drinks if vulnerable residents are left without power. Any support in this search or ideas would be most welcome.

2026

This year has started slowly for us as we keep the hall going amidst roof repairs and ever increasing bills. But, we are hugely thankful to those who use the hall regularly which keeps us able to open for another day.

In the spring, even though we were blighted by monumental winds and the theft of our Marquee anchors and straps, (anyone with information - please come forward) on the 11th April, we hosted our annual Dog Show and Craft Fayre with sponsorship from Robin Pearson of CJS Dog Food and support from The Lakesend Ringcraft Dog Training Club and a variety of stall holders selling everything from pet treats to handbags.

We had a fair few visitors and the dog show proved to be a winner with dogs and handlers both new and experienced having lots of fun. We love meeting new doggies and in the category "the luckiest rescue/rehomed dog" we met some very well loved pooches that are now living their best lives. Thank you to all the handlers and pooches, we'd like to offer a woofing round of ap'paws' to all who took part.

Thank you to the local residents, committee members and Trustees who gave their time and support to make this happen.

Help?

We are always looking for new volunteers & committee members so if you would like to be involved in any way please email us*. There are lots of things to help with from Groundskeeping to a bit of cleaning or event coordination so whether you have an hour to spare or a regular slot to fill, we'd love to hear from you.

*Committee meetings take place at the hall bi-monthly on a Monday evening - you are welcome to attend to get a feel for what we do, just drop us an email and we'll bring enough biscuits.

Calendar of events this year:

- **Summer Dog show** - With the success of this year's event, we are hoping to host another so please keep an eye on our FB page and website for confirmation of the date. It is hoped to be the first weekend in August - we are finalising details.
- **Classic Car show** - We are listening to feedback from locals who would love to see us host some classic cars so if this appeals to you as an enthusiast or as a proud owner please reach out to us and watch this space. Stall holders should also log their interest with the secretary - levh.secretary@gmail.com
- **Christmas Craft Fayre** - Our Christmas Craft Fayre will be held on **Saturday 28th November 10am to 3pm**. We have limited space for stalls so if you would like to reserve your space please do so by emailing - levh.secretary@gmail.com
- **New Years Eve Party** (Dec 31st 2026 7pm - 12.30am) We are hosting a NYE party at the hall this year with a difference. Each year tickets for events where you can let your hair down and have a good night without breaking the bank are getting more and more rare. With that in mind we are offering the following:

Tickets = £5.00 per person (under 3's free)

What do you get? Hall will be open from 12 to 2 pm on NYE for you to come and bring your non-refrigerated snacks, alcohol, party poppers and left over xmas crackers and decorate your table (8 to a single table). The hall will be secured from 2pm and re-open at 7pm for the party to begin (feel free to bring sandwiches and sausage rolls with you then. We will have a non-alcoholic bar (soft drinks, Teas, Coffees, Chocolate, Cakes and Crisps etc). Music, Raffle, Games and a jolly good knees up the old fashioned way is just what we have in mind. Free parking on site.

Tickets are on a first come first served basis so get them while you can!!! Email - levh.secretary@gmail.com

Contacts:

Website - Lakesendvillagehall.com
Facebook - Lakes End Village Hall
Secretary - levh.secretary@gmail.com
Chair - levh.chair@gmail.com

Thank you to everyone raising donations for Lakes End Village Hall Regeneration with #easyfundraising!

Not joined yet? Sign up to easyfundraising and when you shop online with your favourite brands, they'll donate to us. It's free and your shopping won't cost you any extra - the brands you shop with will donate, not you!

Sign up today: <https://www.facebook.com/sharer/sharer.php?u=https://join.easyfundraising.org.uk/lakesendvillagehall/j28e8x/at/uekLnOmL/ATNDW/facebook/3>

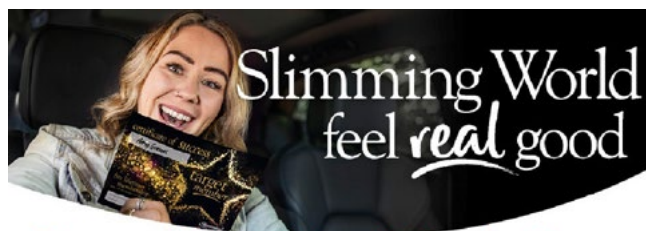
If you would like to hire the hall. Costs are £8.00 ph for village residents and £10.00 ph for others.

Email - levh.secretary@gmail.com

Thank you to everyone who has and continues to support us.

Donna Cauchi

Chair



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DANCE WIZE STUDENTS SHINE ON STAGE

Students from Dance Wize's Upwell classes proudly took to the stage at the King's Lynn Corn Exchange on 10th May as part of the school's annual dance show.



The Upwell sessions, held at Upwell Methodist Church Hall on Monday evenings during term time, welcome children and young people aged 4-18 years. Both the Junior and Inter/Senior groups performed two routines each, showcasing the hard work, dedication and enthusiasm they had demonstrated throughout the rehearsal process.

In addition, four students were given the exciting opportunity to perform either a solo or duet, gaining valuable performance experience in front of a supportive audience.



Group leader Kate was incredibly proud of all the performers. "It was fantastic to see the effort and enthusiasm shown by the students in the lead-up to the show, and even more rewarding to see their performances so warmly received by the audience."

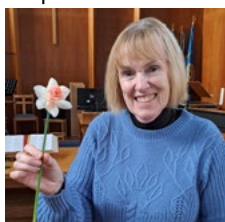
The Upwell classes continue to thrive, with the Junior session currently full and operating a waiting list. The Inter/Senior group has just a few spaces remaining for anyone interested in joining.

For more information or to enquire about available places, please email kate@klwdance.co.uk.

Kate Whyborn

GREEN FINGERS GARDENING CLUB

At our March meeting, we gathered in the Church for an entertaining presentation from Graham Watts. Graham is a County Organiser for the National Garden Scheme (NGS) in Norfolk and he gave us an interesting and amusing talk entitled "Developments at Dale Farm and Tales of the Unexpected". With a comprehensive photographic timeline, Graham told us about his two acre garden near Dereham, which he also opens for the NGS, and how it was developed from a largely uncultivated plot to the wonderful garden it is today, along with some of the surprises he encountered on the way! Graham also acted as judge at our annual daffodil competition at the March meeting, which was won by our Secretary, Gail Jetson with this unusual variety called "Replete".



Just a week after the March meeting, we gathered at Marion's for a convivial afternoon to produce some tasteful displays of Spring flora. The arty group took to the dining room to paint Easter eggs whilst everyone else filled the conservatory with horticultural splendour! With everyone being sustained with generous helpings of tea, coffee, cakes and hot cross buns, the afternoon ended with some magnificent creations.



Back in the Church Hall for our April meeting, we had a presentation from Dr Vija Pratley on "Colour and Texture in the Garden" which was suitably illustrated with a collection of her photographs taken over many years. The lovely flowering cherry backdrop was however courtesy of the forthcoming production of The Mikado. Vija will return for another presentation at the April meeting next year, entitled "The History of Infections and Diseases" but at this stage we are not sure whether it relates to plants or humans.



For our May gathering we visited Beaver Lodge in Henson Road, March which also opens for group

visits in aid of the NGS. All members that attended agreed that the visit was a great success. What a wonderful Japanese-style garden! It was lovely to see everyone relaxed and chatting in the sunshine. Indeed, we were clearly such an amiable bunch that our host Mia contacted Gerry, our chairman the following morning to express her pleasure in entertaining us, commenting on what a friendly group we were!



New members or visitors are always welcome at our regular meetings, which are held on the 3rd Thursday each month at **Upwell Methodist Church Hall, 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 Autumn months are as follows:

Thurs Jul 16th

Open Garden at Gerry & Sandi's, 46 Listers Rd., Upwell

Thurs 20th Aug

Members Summer Supper at Marion's, Rose Bank, Small Lode, Upwell

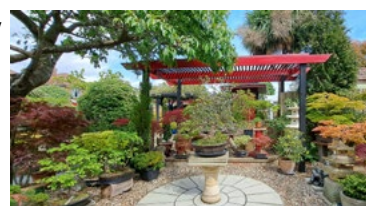
Thurs 17th Sept

Gardening with Wildlife in Mind - presentation by Iain Webb

Thurs 15th Oct

WWT Welney Through the Seasons - presentation by Tony Winchester

For further information, you can contact our Chairman: Gerry Wilmott 07359 412908 or email sangerad@btinternet.com.



THREE HOLES VILLAGE HALL & PLAYING FIELD

CHARITY NUMBER 304483

Follow us on Facebook for up-to-date information on activities and Welle Cinema.

Following our Annual General Meeting in May, the charity has six trustees. Borough Cllr Colin Rose has agreed to stay on in an advisory role.

Could You Be Our Next Village Hall Trustee?

Would you like to help shape the heart of our community? Our Charity is run entirely by volunteers, and we are looking to grow our board!

To express your interest or learn more, please contact Helen Hartley or speak to any of our Trustees.

Want to help in other ways?

If being a Trustee isn't for you, we'd love to have you join our event and fundraising volunteer team. We are also accepting donations of unwanted items for raffle prizes (local collection can be arranged). Thank you to everyone who already donates!

Special Thank You

The Trustees would like to extend a huge thank you to Sue Lowe, John Bradley, David Cooper and Prue Lester for their continued support with Welle Cinema over the past year. We also want to thank Helen Fox-Noble for expertly running our Facebook page.

Additionally, the committee is incredibly impressed with the Community Payback team's work on the Three Holes playing field. Many residents have commented on what a marvellous job they are doing clearing overgrown brambles

and debris. Their hard work in maintaining the children's play area has significantly improved our community space. While we appreciate there is still plenty left to do, we look forward to continuing our partnership with the team to keep improving the area.



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 6pm. for more info contact Joe 07896893414
- **SATURDAY BINGO** doors open 5.30pm, eyes down 6.30pm for more details contact Vik 07879 005521
- **CHARITY BINGO** every other Monday, doors open 6pm eyes down 7pm for more details contact Vik 07879 005521

WINNING 160 CLUB WINNERS

March 53, 152, 12

April 106, 57, 87

May 43, 20, 53

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

Yasmin Wallbanks

Treasurer

Squires Drove, Three Holes, PE14 9JY
www.threeholesvillagehall00.org.uk

To book the hall call Helen Hartley 01354 610316
EMAIL h.hartley@btinternet.com

Follow us on Facebook for up-to-date information on activities and Welle Cinema.



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Through the Norfolk Warm Homes Scheme many residents could be entitled to a range of fully-funded home improvements, with insulation being the top priority, to improve the energy efficiency of their homes, at zero cost.

We highly recommend visiting the Norfolk Warm Homes website (<https://norfolkwarmhomes.org.uk>) or call 01603 430103 to discuss all available options.

Who's paying? Norfolk Warm Homes works in partnership 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. All work will be carried out by council-approved contractors.

Gill (Outwell) and Sue (Upwell), Volunteers from Fenland and West Norfolk Friends of the Earth

P.S. Norfolk Warm Homes 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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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.



Kat's Dog Walking Service

07717-618281

Adventure walk/play Insured

Pet sitting Dog first aid

25 yrs exp DBS

Upwell & Surrounding Areas

YOUTH CLUB

The Upwell and Outwell Youth Club has enjoyed a lively and engaging half term, with a range of activities designed to bring young people together, encourage new skills, and most importantly, have fun. Recent sessions have included bingo, rounders, planting flowers and seeds, making model planes, and even a popular karaoke evening. It has been wonderful to see such enthusiasm and participation from the children, with each activity offering something different for everyone to enjoy.

The club is open to children aged 8 to 16, providing a welcoming and inclusive space for young people across this age range.

Looking ahead, we are pleased to be offering four weeks of coaching in both netball and football. These sessions will provide children with the opportunity to develop their skills, build confidence, and take part in structured team activities led in a supportive environment.

The club continues to go from strength to strength, and we are always keen to welcome both new members and volunteers. We currently have spaces available for children who would like to join us. For those interested in volunteering, there is no requirement to attend every week—any time you can offer is greatly appreciated. It is a rewarding way to support the local community, meet new people, and learn new skills.

We meet every Wednesday during term time from 6.00pm to 7.30pm at Beaupre School Hall, Church Drove, Outwell. Membership is £3 per year, with each session costing £2, or £1 for additional siblings.



For further information, please contact Sarah Fairbrother at sarah.fairbrother@wga.co.uk.

We look forward to welcoming new faces and continuing to provide a positive and enjoyable space for local young people.

Sarah Fairbrother



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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://theblunttrust.com/>

please email us:
bluntfamilytrust2019@gmail.com
for more information.

WELL CREEK TRUST

Dick Godfrey and Roger Mungham

The boating season has kicked off with a sad start this year. The Trust lost two long serving committee members in April and May. Dick Godfrey, who was the Deputy Chairman of the Trust. Roger Mungham, ex Treasurer to the Trust. The members of the committee would like to extend their warmest condolences to their families.

Our thoughts will be with them during this difficult period.

New Fishing Platforms

The Well Creek Trust has been trying to obtain permission from the Middle Level Commissioners to build several fishing platforms. Previous conversations have failed due to the Water Vole being a protected species and the risk of destroying their habitat during the build. Allan Gullon, Treasurer of the Trust, has designed a new fishing platform that wouldn't invade the habitat of the Water Voles. The plans have been submitted to the Middle Level Commissioners and we await their decision.

Kayaking, Sail Boarding and Canoeing on the Creek

The Trust has approached the Middle Level Commissioners for more clarification around

licence fees being charged for unpowered boats on the Creek. The Middle Level Commissioners confirmed that if an owner of a Kayak, Sail Board or Canoe is a member of Paddle UK, they are exempt from paying a fee. However, rowing boats are not included in this arrangement and owners will need to apply for a licence fee directly from the Middle Level Commissioners. Scan the QR with your smartphone to access the website link for licence fee details.

<https://middlelevel.wpenginepowered.com/wp-content/uploads/2026/05/Navigation-Registration-Charges-2026-27.pdf>



WCT is working to bring pressure on the relevant local authorities to carry out more regular cutting of verges to keep the villages tidy and to improve visibility and safety for road users.

Currently looking for new committee members

The Trust is looking for new committee members and if you are interested or would like to know more information, please contact us at wellcreektst2303@gmail.com.

We meet once a month, where we discuss issues and plan new events and projects.

John Delaney

SECONDARY SCHOOL REUNION



Reunion old school mates August 2012

Included is : Clive Pleasants-Snowy Bridgefoot-John Fit- Robin Harnwell ? David Chapman- Chris Smart-Mr Denhey-Mrs Denhey- John French- Jill Edwards-Geoff Barrett- Nigel George- ? Don Rayner-Dick Nelson-David Chapman (Outwell)-Peter Housden-Bill Smith- ?- Malcom Brooks- Ivan Thompson-Richard Fiske-Roger Croft-Alan Hunt- ?- ?- .

UPWELL COMMUNITY GARDENS

As the new Pioneer Worker at Upwell Garden Church, based in the beautiful grounds of Upwell Methodist Church, it has been a real joy to begin this journey. The gardens themselves are a hidden treasure—two and a half acres of mature and rare trees, woodland borders, and open green spaces. Over recent weeks, it has been a privilege to witness the gentle shift from spring into early summer. From the striking blooms of the Handkerchief Tree and the delicate blossoms of the cherry trees, to the vibrant foxgloves now standing tall in full colour, the gardens are full of life and beauty.

At the end of May, we were delighted to host a half-term family gathering, welcoming nearly 50 people. Together, we explored themes from World Environment Day alongside Psalm 23, with interactive trails around the garden, an obstacle course, storytelling, and songs. The afternoon finished around the fire pit, where we shared hot dogs and toasted s'mores after gathering firewood together. The children also created their own miniature gardens to take home, inspired by Psalm 23—a wonderful way to reflect on the day.



The gardens are open to the public and accessible most of the time, apart from Wednesday evenings when they are used by the Scouts. We would love to see more people enjoying this peaceful and restorative space. There are plenty of benches for those who simply want to sit and take in the surroundings, as well as open grassy areas where children can play freely.

Looking ahead, we are excited to be planning a Garden Party in August—do keep an eye out for more details!

We are also hoping to establish a new community kitchen garden in the coming months. This will include regular weekly gardening sessions, open to anyone who would like to learn how to grow

their own fruit and vegetables, doesn't have the space at home, or simply enjoys gardening alongside others.



In addition, we would love to explore other ways the gardens could be used to bless the community. Some early ideas include an outdoor toddler group, forest school sessions, and gardening for wellbeing—but we would really value your input. If you have suggestions or would like to get involved, please do get in touch. You can email Dave at info@upwellgardenchurch.org.uk or connect with us via our Facebook page, Upwell Garden Church.



We look forward to welcoming you into the gardens soon.

Dave Barker



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UPWELL ACADEMY – THE LOCAL SCHOOL OF CHOICE

– A MESSAGE FROM UPWELL ACADEMY'S
NEW PRINCIPAL



Upwell Academy continues to flourish at the heart of village life, and it has been a real joy to see so much to celebrate across our school community in recent months. From exciting events and inspiring learning opportunities to continued investment in the future of education here in Upwell, there is a real sense of energy, pride and momentum across the Academy.

At the centre of all we do is a simple but powerful belief: our children deserve the very best. We are committed to giving them a rich, ambitious and forward-looking education while holding firmly to the traditions and values that make primary school such a special part of childhood.

One of the most exciting developments at the Academy has been our continued investment in technology. Classrooms are now equipped with enhanced digital tools and resources that support high-quality, interactive teaching. These improvements are helping to bring learning to life and giving children even more opportunities to explore, create and engage with confidence.

Alongside this, we remain deeply committed to the importance of traditional learning. We have updated and replaced our dictionaries, thesauruses and atlases, helping children build strong foundations in language, geography and research. We have also invested in new reading books for classrooms, because nurturing a love of reading remains one of the greatest gifts we can give our children.

Across the school, children have been immersed in a wonderful range of memorable learning experiences. Our Reception children have been mastering odd and even numbers through practical and engaging activities, laying strong foundations in mathematics with enthusiasm and confidence. In Year 4, pupils have been developing their understanding of money while also exploring static electricity in science,



combining essential life skills with curiosity, investigation and discovery.



There have also been many opportunities for creativity and hands-on learning. Children celebrating St George's Day designed and made their own swords and shields, embracing the occasion with imagination and pride. Year 1 pupils took their learning outdoors with a visit to Wicken Fen, where they discovered more about our local wildlife and developed an even greater appreciation for the natural world around them.

Our Year 6 pupils have also had much to be proud of. In art, they have been learning about composition and developing a thoughtful understanding of how visual elements work together to create effect and meaning. In science, they examined the parts of a tomato, using keen observation and scientific thinking in a practical and engaging way. They also enjoyed celebrating the end of SATs, marking the occasion with well-deserved smiles and a real sense of achievement after showing great determination, resilience and maturity throughout the year.



There has also been plenty of fun, laughter and community spirit. Our recent Colour Run, organised by the fantastic Friends of School Association, was a tremendous success. It brought together families, staff and children in a joyful burst of colour and celebration, while also raising over £2,000 for the Academy. It was a wonderful reflection of what makes Upwell so special: a community that comes together wholeheartedly to support its children.



We have continued to improve the learning environment itself. New classroom furniture is being introduced to create welcoming and

purposeful spaces, and air conditioning is being installed to ensure classrooms remain comfortable throughout the year. These improvements are all part of our commitment to making Upwell Academy a place where every child feels valued, supported and ready to thrive.

Education at Upwell Academy reaches far beyond the classroom. We are passionate about giving children meaningful experiences that build what we call cultural capital: the knowledge, understanding and opportunities that help them make sense of the world and find their place within it. One exciting example is our planned whole-school trip to the seaside, which will give every child the chance to enjoy this much-loved British tradition and create special memories to treasure.

While we continue to embrace modern approaches to learning, we are equally proud to uphold the traditions that make school life so enriching. Events such as Sports Day remain a cherished part of our calendar, giving children the chance to take part, challenge themselves and enjoy being active together. It is this balance of innovation, care, opportunity and tradition that helps make our school experience so special.

We were also pleased to welcome Ofsted to the Academy. While the outcomes of the visit remain

confidential at this stage, we are incredibly proud of all that inspectors saw and heard during their time with us. We look forward to sharing the full report with our community when it is published.

One of the clearest signs of the strength of Upwell Academy is the growing number of families choosing us for their children. At a time when many schools are facing falling pupil numbers across Norfolk, our roll continues to rise. This is a strong vote of confidence in our staff, our vision and the quality of education and care we provide.

Everything we are achieving is the result of a shared commitment between staff, families and the wider community to give our children the very best start in life. Together, we are building something truly special: a school filled with ambition, warmth, belonging and opportunity.

Upwell Academy is much more than a school. It is a place where children grow in confidence, families feel connected and the community comes together with pride. We look ahead with great optimism and excitement for all that is still to come.

Chris Harris

Principal, Upwell Academy



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UPWELL PLAYING FIELD COMMITTEE

The sun has been shining for our car boots most of the time. Several people have commented that the booters pack up early. Most of them are setting up at 7.30am and we cannot tie them down to stop them from leaving. What is the saying "early bird catches the worm?" The exception is a Bank holiday Monday when car boots set up 9.30am, and then open to buyers 10.00am, but again be early.

As printed in the Christmas edition our remaining dates for the year!

- Bank Holiday Monday Car boot August 31st gates open 9.30am for this, usual refreshments and toilets available.
- Fun Dog Show: September 6th. Judge Mrs Hilary Cox
- REMAINING HORSE SHOW DATES - June 21st July 26th and September 20th with a possible TACK SALE CARBOOT 18th or 25th October.



You may have heard on the proverbial grapevine that the Air Ambulance was on the field at our May show, as a rider came off her horse. Fortunately, one of our local Community First responders (James) was first on the scene. Thankfully, the rider was not seriously hurt and was taken to the QE Kings Lynn for further checks by a land ambulance that was diverted to Upwell. On that note we will be supporting our local Community First Responders with collection buckets at all further horse shows...they are volunteers, seek funding for all their equipment, uniform and vehicles. For the East Anglian Air Ambulance, we will be collecting as we did last year at our Festival of Wheels. See below.



Our summer event is Sunday July 12th. Gates open to the public at 12 noon and this year the event will take a slightly different format - not just motor bikes, but Festival of Wheels, anything with wheels, vintage, classic, agricultural, HGV units. All must be insured to be on the road or trailered into field. Stalls welcome, live music from BARSIX 2 - 6pm, our own BBQ, bar, tea, coffee and cake.



If you would like to have a stall including Autojumble, please email upfc@talktalk.net.

You will have noticed we have some advertising banners on our green carpark fencing advertising some local businesses. You can do so as well, and it is £75 per banner for a year. Banners approximately 4ft x 2ft your own logo and design.

We would like to thank our main sponsors for the year: Fountain Foods, C.P. ALLEN, A.D. Hurst & Son Commercial Ltd., Russells Family Butchers

Our Committee is: Ros Shorting, John Spikings, Pat Moat, Mark Elliott, Rob Norris, Alex Parnell/UTYFC, Jay Best/ CDFC.

Should you wish to volunteer or become a committee member please contact upfc@talktalk.net. Remember no committee no field!

Ros Shorting

SPRING NATURE NOTES

As I begin this article, we are in the middle of the Spring Bank Holiday heatwave. It's 33oC so the villages are quiet with most folk inside behind closed curtains. Cuckoos are surviving and, I hope, thriving. I heard one near the aqueduct only this morning. Several people reported hearing them towards the end of April. That seemed a bit late but as the weather here was unsettled during April, I don't blame them for delaying their exodus from West Africa., where they over-winter. Swallows and swifts have arrived too, again migrating from Africa. Unfortunately, I have yet to see a House Martin; their numbers have declined markedly.

I'm happy to report that some daffodils did continue blooming for Easter, particularly along the riverbanks in Outwell. On Easter Monday the Artemis II spacecraft orbited the Moon. For the first time we were able to see the far side. Apparently, we should avoid using the phrase 'dark side' (with apologies to Pink Floyd) because all areas of the Moon receive sunlight. Even though the Moon spins on its axis, we never get to see the far side as that side is permanently facing away from the Earth.

Throughout April, there was a yellow patchwork of colour across local fields due to the flowering of Oil-seed Rape. (Not necessarily good news for hay-fever sufferers)

May 1st brought the first of two full moons in that month. That moon is called a Flower Moon because it coincides with the emergence of lots of flowers. It was certainly true this year with tulips, lilacs, rhododendrons and irises blooming in gardens and cow parsley and dandelions appearing along verges. The next full moon, a 'Blue Moon' snuck into May, occurring on 31st. This gave us two full moons in one month, something that rarely happens and the origin of the phrase 'once in a blue moon'.

There has been much excitement at WWT Welney as a Bittern has been spotted there. It is a shy bird and rarely seen but its booming call is easily recognised. I wonder if Bitterns will become resident at Welney. I hope so.

The resident Upwell swans have hatched six cygnets. This is good news after a fallow year last year.

June 1st marked the start of meteorological summer. Poppies are appearing along verges together with buttercups and grasses.

Roses and lavender are flowering in gardens. So, I shall stop and leave the natural delights of summer until the next issue. Please email mcaltan@outlook.com if you have anything of interest you'd like me to report.

P.S. At a recent meeting, the Churchfield & Plawfield Drainage Board agreed to provide a modest sum to sponsor biodiversity within the Board's district which includes Upwell & Outwell. If anyone has a suitable site for a bat box, a swift box or an owl box they can contact admin@middlelevel.co.uk (ref: C&P Biodiversity).

Miriam Calton



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THE MYTHS AND TRUTHS ABOUT JOINING A RUNNING CLUB

UP & OUT LADIES RUNNING CLUB & WISBECH PARKRUN

Before I joined the Up & Out Ladies Running Club, I imagined everyone would be impossibly fit, and impossibly fast. I pictured myself being left behind within minutes while the rest of the group disappeared effortlessly into the distance. As it turns out, I couldn't have been more wrong.

Like many new members, I soon discovered that running clubs are full of ordinary people with the same worries, doubts and excuses that I had. Some members have been running for years, while others are just starting out. Some race regularly, some never race at all, and many simply enjoy getting outside on a Tuesday evening for an hour in good company. One of the biggest surprises is that nobody seems to care how fast you are. New runners often worry about being "too slow" for a club, but the reality is that our club has a range of abilities and we work hard to make sure everyone feels welcome. In fact, if you stop to tie a shoelace, there's usually somebody who stops to wait with you and another person offering advice on the best knot to use.

Another surprise is the amount of conversation that takes place while running. Before joining, I assumed every session would be a serious affair with everyone silently concentrating on their pace. Instead, many runs involve discussions about holidays, local events, television programmes, family life, upcoming races and, occasionally, actual running.

Then there is the language. New members quickly discover a whole vocabulary they never knew existed. Easy runs, tempo runs, intervals, negative splits, fartlek sessions and recovery runs suddenly become part of everyday conversation. Most newcomers (myself included!) spend the first few weeks smiling and nodding while quietly wondering what everyone is talking about.

Of course, there are challenging days too. There are evenings when the weather is less than inviting, when the sofa seems far more appealing than a pair of running shoes, and when every step feels harder than it did the week before. Yet somehow these are often the runs that are remembered most fondly afterwards. Shared challenges have a way of bringing people together!



Running clubs are also excellent places to discover parts of the local area that you never knew existed. Quiet lanes, hidden footpaths, unexpected views and favourite running routes become familiar landmarks. Many of us have lived in the area for years, yet may not have truly explored it on foot.

Perhaps the biggest thing nobody tells you about joining a running club is that it becomes about much more than running. The miles matter, of course, but so do the friendships, the laughter, the shared experiences and the sense of belonging. Long after individual times and results have been forgotten, those are often the things that remain.

So if you've ever wondered whether a running club might be for you, the answer may be simpler than you think. You don't need to be fast. You don't need expensive kit. You don't need to have been running for years, you just need to take that first step and turn up. The rest tends to take care of itself. If you've been thinking about getting more active, why not give it a try?

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SUMMER ARTISAN FAYRE –

19 JULY - UPWELL HALL

This represents the third year of Blended Monkey hosting and sponsoring their **Artisan Fayres** at Upwell Hall (this will be their 8th event!). They've raised a total of £5700 for Norfolk & Waveney MIND so far, and Simon and Louise are putting together their Summer Artisan Fayre following the same ethos of showcasing another great selection of local Fenland & East Anglian artists, makers & creators, while at the same time continuing to raise funds for Norfolk & Waveney MIND.

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.

Carefully selected ARTISTS and CREATORS have been chosen to sell their work, with a lot of them demonstrating their crafts on the day too.

Some of the demonstrations this time include **blacksmithing, woodturning, silversmithing, illustration, willow weaving, sculpture, pencil art, floristry, origami, foil embossing, pyrography, metal stamping and mosaic art.**

They like to change things up a little each time, so there will be some familiar and some new faces.

These include bespoke furniture, ceramics, blacksmithing, woodturning, mixed media art, pyrography, copper foil glass, wood-turned pens, textile art, copper jewellery, bookbinding & journals, leatherwork, Powertex sculpture, fashion design, silver designer jewellery, sea glass jewellery, illustration, repurposed book art, acrylic artwork, realistic pencil artwork, artisan floristry, fused glass, driftwood art, metal art, willow weaving, basketmaking ...

In addition to this, visitors will be able to attend WORKSHOPS including:

- **METAL EMBOSSED DECORATINS** with Aimee
- **POWERTEX SLATE HEART PLAQUE** with Sue & Lynda
- **PYROGRAPHED MUSHROOM** with Tic Challis

Fanoggins Bakery will be providing truly scrummy locally-made FOOD and refreshments. There's plenty of tearoom seating & the chance to WIN one of the artists' pieces in a high-end raffle too!

Discover more about the artists, workshops & demonstrations at www.blendedmonkey.co.uk

Get this date in your diary 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

JULY



WIDOW CLICQUOT (15)

5th July - 2pm Admission £4.00pp

Widow Clicquot is based on the true story of the "Grande Dame of Champagne," Barbe-Nicole Ponsardin (1777-1866) who, at the age of 20, became Madame Clicquot after marrying the scion of a wine making family. After her husband's untimely death, Barbe-Nicole Ponsardin Clicquot flouts convention by assuming the reins of the fledgling wine business they had nurtured together. Steering the company through dizzying political and financial reversals, she defies her critics and revolutionizes the champagne industry to become one of the world's first great businesswomen.

SEPTEMBER



H IS FOR HAWK (12a)

6th September - 2pm Admission £4.00pp

When Helen's beloved father passes away, she is overtaken by grief and loses herself in memories of their time birding and exploring the natural world together. She becomes obsessed with the idea of training her own goshawk, and so she brings the fearsome bird Mabel home to Cambridge with her. Ready to embark on the arduous process of trying to train the wildest of animals, Helen fills the freezer with hawk food and turns off her phone. But as she labors to teach Mabel how to hunt and fly free on her own, Helen uncovers how neglected her own emotions and life have become. Based on a true story and a memoir of the same name, H IS FOR HAWK is a soaring journey of the connection between people and nature, and how it might be possible to reconcile loss through love.


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UPWELL VILLAGE HALL

The committee have been actively arranging refurbishments to the hall, some of them small (so you may not notice?). One you have probably noticed is the new flooring to the entrance vestibule. Gone is the old floor and now we have a nice flat, even surface, making a nicer first impression.

We shall be looking at further redecorating but first we need to address some issues with some of the internal walls. We have also now arranged for ceiling fans to be installed, which will help keep the heated air within the main hall and not let it disappear into the rafters! This, we hope, will not only keep the hall warmer in the colder months but also keep our heating costs down. We all know how much oil has increased and we have limited funds.

Unfortunately, due to lack of ticket sales, we had to cancel our Fen Spirits tasting evening. This was a shame as last year's event was well received and we had been asked to do another. This was an advance ticket event and despite a push on advertising it, the sales did not meet the minimum required.

By the time you read this magazine, our latest Spiritual evening will have been held and this is well attended.

We are pleased to announce that DADS (Downham Amateur Dramatic Society), will be presenting another show at the hall in November. Please keep an eye out for further information.

Our hall has regular group events, all of which are on the hall website. We have short mat bowls, Welle WI, the Friday Friendship Club, Art classes, Over 60's Keep Fit, Ballroom dancing, Slimming World, Pilates and now Line Dancing!

The hall is available for hire and it has its own licensed bar. Please contact Charlotte on upwellhall@gmail.com, who will be able to let you know hire costs and arrange a visit should you need it.

We strive to maintain the hall and attract new events for you to enjoy. If you have an idea of what event you would like to see at the hall, drop Charlotte an email and we will see if it is something we could consider.

Thank you for your support.

Christine Aston

TEA ON TUESDAY

PART OF UPWELL AND OUTWELL LUNCH CLUB | CHARITY NO 1082825

Earlier this week I noticed a quote made by one of my favourite comedians – Victoria Wood. She once said:

'A truly good cup of tea can solve approximately 90% of the world's problems, and the other 10% require a very large slice of chocolate cake'



How right she was – everyone loves to put the world to rights and whether it's about the price of petrol, the latest television programmes or even the weather it is always better discussed over a good cup of tea. No better place than Tea on Tuesday then.....there are always piles of homemade cakes and savouries and gallons of tea to be consumed!

Enjoy the pretty teacups and flowers, make new friends and catch up with old ones, everyone is welcome and there is no charge, we just suggest a small donation if possible to help keep the club running.

Why not come along and see for yourself? Tea on Tuesday is open to all ages and meets on alternate Tuesdays from 2pm until 3.30pm.

As some of our older visitors have difficulty with their mobility, we can sometimes arrange transport using a minibus suitable for those using walking aids and wheelchair users, please ask for details.

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

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UPWELL TOWN YOUTH FC

- JUNE NEWS

As another season comes to a close, we can proudly say it has been a fantastic year for Upwell Town Youth FC across all age groups. From our youngest players taking their first steps into football, through to our established teams continuing to develop and compete, the season has been packed with progress, enjoyment and memorable moments. Watching players grow in confidence, improve their skills and, most importantly, enjoy their football has once again made all the hard work worthwhile. We are incredibly proud of every player who has worn the Upwell shirt this season.

Looking ahead to next season, the club continues to go from strength to strength. Alongside our popular Saturday morning Playphase group, which continues to provide a fun and welcoming introduction to football for our youngest participants, we are delighted to announce that we will now have seven teams competing across various age groups. This continued growth highlights not only the increasing number of young people wanting to play football locally, but also the dedication of our coaches, volunteers and supporters who help make it all possible. As we head into summer, we are able to open more spaces within our Playphase group, so if you have a child aged between 3-5 who would like to start their football journey, please get in touch with us through our Facebook page.

Preparations for next season are already well underway across the club. Our current Under-10s team, who will move up to Under-11s next season, recently held open training sessions for prospective new players. We were delighted with the response and the sessions proved very successful, welcoming new faces into the squad. Bringing additional players into the group will only help strengthen and improve the team further as they continue their football development. It was fantastic to see so much enthusiasm and interest, and we look forward to seeing the squad continue to grow both on and off the pitch.

We are also proud to work alongside Carpe Diem Football Coaching, who continue to provide fantastic football opportunities within the village for children of all ages and abilities. From their topic-related Monday sessions, which have proved incredibly popular and are currently full with a waiting list, through to their highly successful Thursday evening group training sessions

that remain open to all, they provide additional opportunities for children to enjoy and develop their football. They also run excellent, affordable football sessions throughout the school holidays, helping keep young players active, engaged and enjoying the game outside of the regular season. Carpe Diem continue to play an important role in football within our community and their Facebook page is certainly another one worth following for updates and information.

The continued growth of the club has also meant expanding beyond our traditional home facilities. While Upwell and Three Holes playing fields remain central to the club, increasing player numbers have meant we now also use pitches at Welney and Christchurch. This expansion provides us with more opportunities and space to continue developing the club while ensuring our players have quality facilities in which to train and play. It is another exciting step forward as Upwell Town Youth FC continues to grow and build for the future. We are grateful for the swift co-operation of our local facility partners, as it means we are able to keep our costs lower and continue keeping football local to the families we serve.

We are also pleased to celebrate achievements off the pitch. Two of our coaches, Jesse Scott and Club Chairman Alex Parnell, have successfully completed their UEFA C Licences. This is a significant coaching qualification and reflects both their commitment and passion for developing young players. Continued coach education is hugely important to the club, helping us ensure our players receive the best possible experience and support.



Another coaching success story involves Football Development Officer and coach Jay Best, who already holds a UEFA C Licence. For the third consecutive year, Jay has had the opportunity to travel to both Holland and Spain to coach with Norwich. Experiences like these provide valuable opportunities to work in different football environments, gain new knowledge and bring

fresh ideas back into our club. From Norwich, to Upwell and beyond, we are proud to see members of our coaching team representing the club on a wider stage.

As our club continues to expand, we are also looking for more referees to support our growing number of teams and fixtures taking place on Saturdays and Sundays. Referees play a hugely important role in grassroots football and without them, matchdays simply cannot happen. If you are already a qualified referee and would like to get involved with a friendly, ambitious and community-focused club, we would love to hear from you. Equally, if you are aged 14 or over and have ever considered getting involved in refereeing, this could be a fantastic opportunity to start. Anyone interested can get in touch with us through our Facebook page for more information.



When it comes to 'thank yous', this can often become the longest section – but rightly so. Community football simply does not happen without people giving their time, support and effort. We would like to say a huge thank you to all of our players and parents, our dedicated coaches, club committee members, volunteers, the facilities we use, the Blunt Trust, Ben Hails Ground Maintenance and all of our valued sponsors. Every contribution, whether large or small, helps make what we do possible. The success and continued growth of Upwell Town Youth FC is built upon

the support of so many people, and we truly appreciate every single one of you.

Finally, a special congratulations goes to our Vice Chairman and Under-9s coach, James, who recently received the Norfolk FA Volunteer of the Month Award for February. This award recognises the incredible work and dedication that volunteers put into grassroots football. James gives a huge amount of time and energy to the club and the award is thoroughly deserved. We are delighted to see his efforts recognised and would like to congratulate him on behalf of everyone at Upwell Town Youth FC.

As one season ends, excitement is already building for the next. Thank you to everyone who has played a part in making this year such a success – we cannot wait to see what next season brings.

Jay Best

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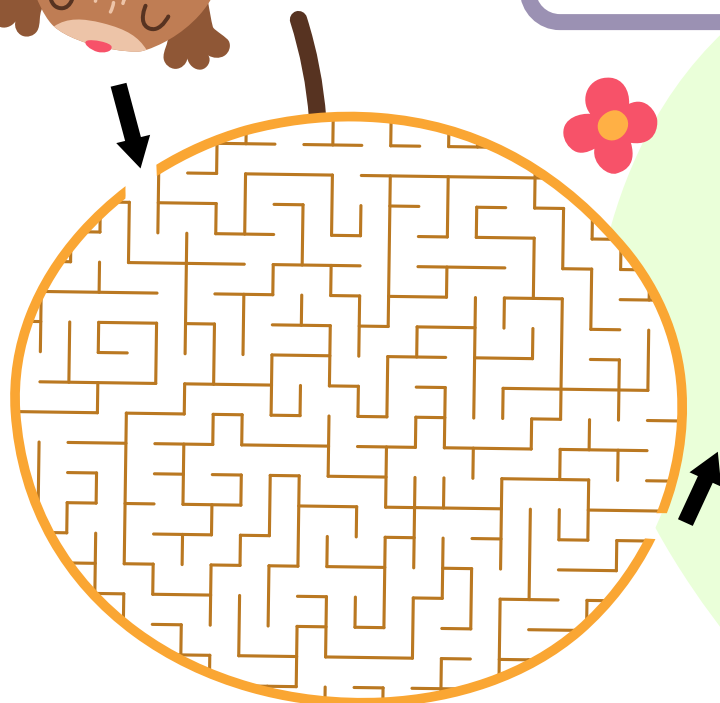
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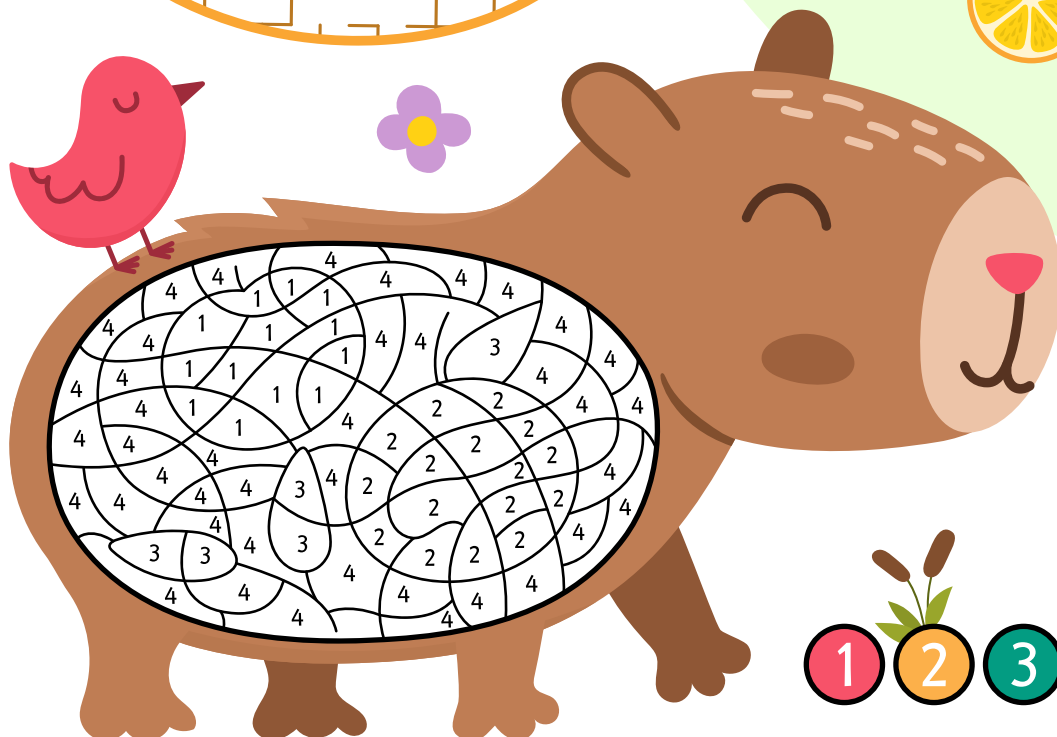
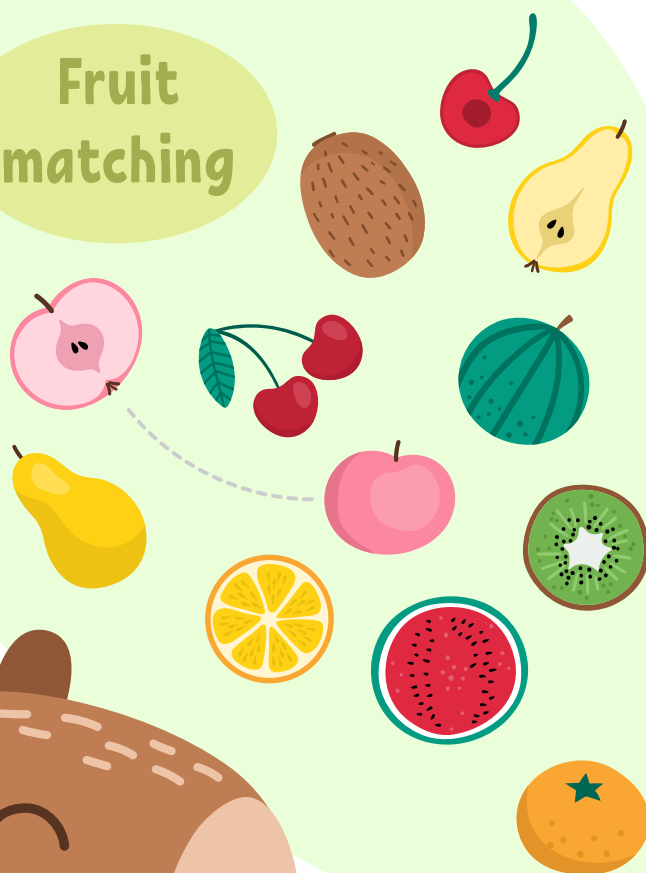
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KIDS FUN PAGE

Spot 5 differences



Fruit matching



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PARISH LOCATIONS OF DEFIBRILLATORS

Knowing where these life saving machines are is very important.

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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
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
levh.secretary@gmail.com
- NORFOLK COUNTY COUNCIL
www.norfolk.gov.uk
0344 800 8020
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- UPWELL VILLAGE HALL
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upwellhall@gmail.com
07488 571106
- THREE HOLES VILLAGE HALL
www.threeholesvillagehall00.org.uk
01354 610316
- QUEEN ELIZABETH HOSPITAL
01553 613613
- LOCAL BEAT MANAGER is PC181
maddison.cage@norfolk.police.uk or
phone 07967 820270 or 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.

JULY 13 TH 7:00PM Full Council	AUGUST 10 TH 7:00PM Full Council LAKES END VILLAGE HALL	SEPTEMBER 14 TH 7:00PM Full Council
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