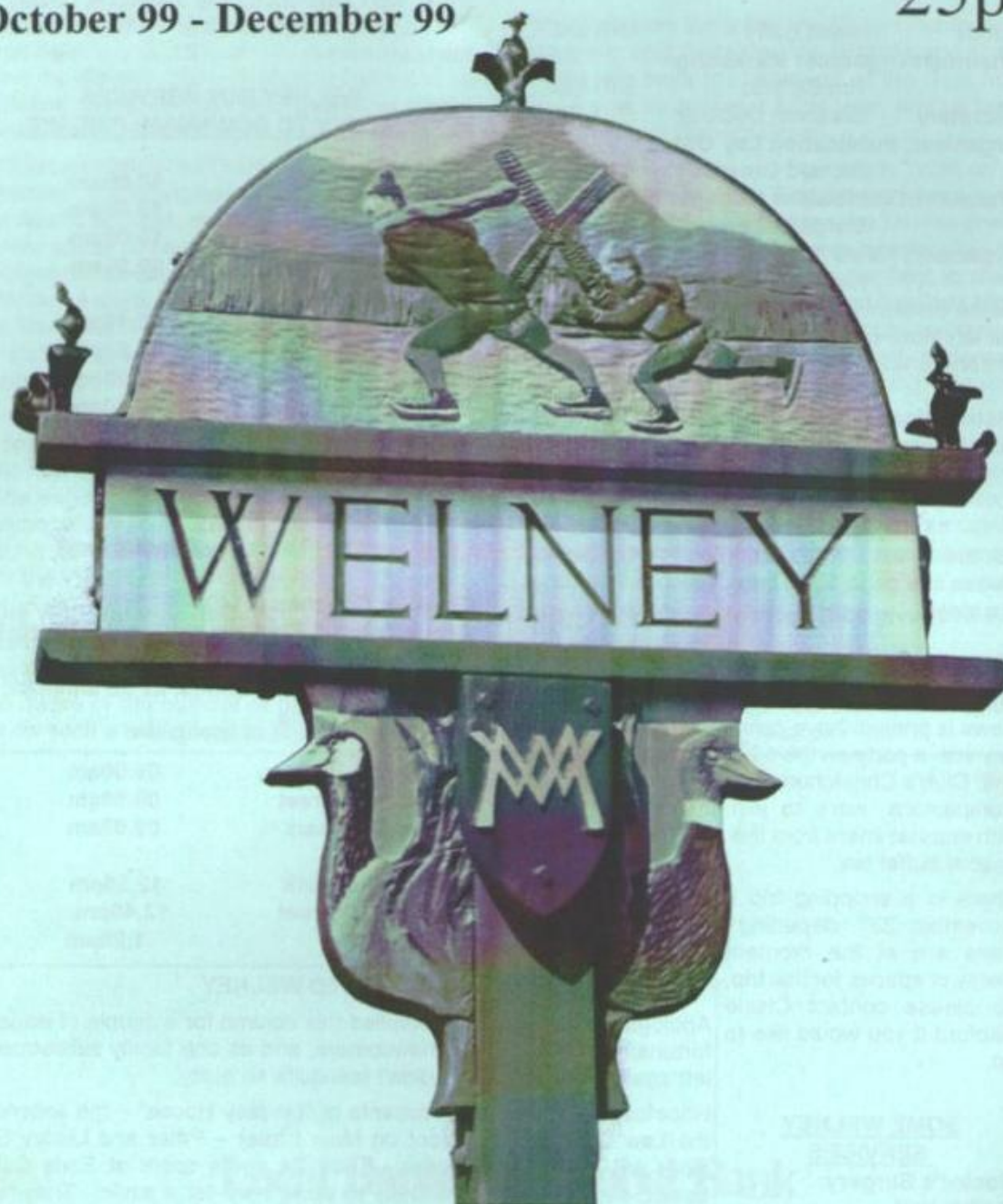


Issue N° 13

October 99 - December 99

25p



NEWS

### Editorial Team

|                                       |                     |         |
|---------------------------------------|---------------------|---------|
| <b>Editor</b>                         | Helen Barry         | 610 585 |
| <b>Chairman/Organiser Marketing</b>   | Tim Bennett         | 610 433 |
| <b>Secretary</b>                      | Elisabeth Deckker   | 610 498 |
| <b>Organiser, Publication Lay Out</b> | Richard Green       | 610 401 |
| <b>Treasurer/Distribution Manager</b> | Margaret Levesley   | 610 272 |
| <b>Organiser, News &amp; Events</b>   | Karen Fleming       | 610 523 |
|                                       | Elaine Sweetman     | 638 287 |
|                                       | Marlen Moss-Eccardt | 610 344 |
|                                       | Sheona Snell        |         |

**Distribution:** Peter & Charlotte Cox, Pat Rix, Tom Fisher and the Editorial Team.

### RESULTS OF THE PARISH HALL LOTTERY

For the details of the second and third draw please see page 13. There is also a flyer for the bingo.

### FRIENDSHIP CLUB

The Friendship Club will, by the time Welney News is printed, have celebrated their 22<sup>nd</sup> birthday with a party on the 19<sup>th</sup> October. The Friendship Club's Christchurch counterparts, the Good Companions, were to join in the celebrations with entertainment from the Acorn Singers and a special buffet tea.

There is a shopping trip to Peterborough on November 23<sup>rd</sup>, departing Welney at 9-00am; there are at the moment plenty of spaces for this trip, so please contact Cissie Bedford if you would like to go.

### SOME WELNEY SERVICES

**Doctor's Surgery:**  
**Parish Hall**

**Monday** 12 noon  
**Wednesday** 12 15 pm

### Wet Fishmonger calls at:

3.00pm Chestnut Avenue  
and  
3.15pm at the Post Office  
every Friday

Our grateful thanks to **Michael Dickinson** for all his work distributing the magazine - Sadly, he is unable to continue and will be missed by the team.

### WELNEY BUS SERVICES WELNEY TO DOWNHAM: FRIDAYS

|                    |          |
|--------------------|----------|
| Welney Post Office | 10.00am. |
| Lakes End          | 10.06am. |
| Lots Bridge        | 10.08am  |
| Downham Market     | 10.26am. |
| Downham Market     | 12.15pm  |
| Lots Bridge        | 12.33pm. |
| Lakes End          | 12.35pm. |
| Welney Post Office | 12.40pm. |

(Fare: £1.70 single, £2.20 return)

### ELY

Every Thursday (Market Day)

Cavalier Coaches (01406 362518)

Starts Lamb & Flag car park and runs via Py-moor and Little Downham.

**Fare:** Return £4.10 adults, £2.35 children, £3.20 pensioners.

|                   |         |
|-------------------|---------|
| Welney            | 09.00am |
| Ely Market Street | 09.50am |
| Tesco's car park  | 09.53am |

|                   |         |
|-------------------|---------|
| Tesco's car park  | 12.35pm |
| Ely Market Street | 12.40pm |
| Welney            | 1.28pm  |

### WELCOME TO WELNEY

Apologies for not having compiled this column for a couple of issues – fortunately, not too many newcomers, and as one family subsequently left again within a month I didn't feel quite so guilty.

Hopefully the very new occupants of "Lindsey House" – the second of the Law Bros. Development on Main Street – Peter and Lesley Gardiner will stay a little longer. Their 24 years spent at Earls Colne, Essex, suggests they are likely to settle here for a while. They have come to Welney along with one of their daughters Lucy, and Fifi, a Persian cat. Peter will be adding to Welney's growing numbers of commuters, because he is taking the train to his job in London.

Gerald and Ethel Cox of No 1 Church Cottages have already contributed to the magazine with their interview for the Alms Houses article – Welcome Back!

With several changes imminent, one before the end of the month, there is certain to be someone to write about next time. In the meantime, a sincere welcome to the above and anyone else that I've inadvertently missed.

**Tim Bennett**

## EDITORIAL

So here we are – Autumn again – already. The Water Gala was but a few weeks ago but there is that definite chill in the air, the spectacular autumnal early-morning mists over the Washes and I can't find my gloves! But – in memory of those warmer days, we have the "write-up" of the Gala from Pauline, along with as many photos as we could fit in. It was so successful this year, and certainly worth the space devoted to it. If anyone would like prints, contact Richard Green.

Whilst preparing the Diary Page this month I was astonished to realise just how much "goes on" in Welney. Excluding weekends, between now and Christmas there are just 5 days when there is not at least one event, meeting or activity, run by and for Welney Villagers. And those are just the ones I know about. If you would like future events noting in our Diary or even a few words inserted into the magazine, do let me know. We may be a small community, but we certainly do our best to make Welney a vibrant and interesting place to live. You will see from the Diary page that the Quiz Night at The Tuns is about to begin its season again on the 21st October. There are no set teams planned – it's turn-up and team-up with whoever is there. Also, the Millennium Arts Project is firmly underway, and Philippa Mitchell has sent us a very interesting article, explaining how it is developing. Do read it – Page 16

I spoke to Rita Sweet, who has run the Whist for a number of years, and she sadly told me that she did not believe that Whist would re-start, even after she has fully recovered from her recent surgery. She explained that there was not enough support, particularly because Whist is an older person's game, which youngsters did not know how to play. It is such a shame, but we all pass on our thanks to her, for the sterling job she has done, and, of course, the money she has raised, over the years, for the Village Hall.

**The Wildfowl and Wetlands Trust are thanking every reader for their support by giving away a free ticket with every copy of this issue**

Finally, I would like to thank you, the Village, for providing the material to put into Welney News. I am so aware of the number of people who provide the articles, interviews and helpful information, and show such a willingness to contribute. It is, indeed, YOUR magazine. So read on.....



## Local Bankers - Global Bank

Barclays Bank plc

11 Main Street, Littleport

Ely, Cambs CB6 1PH

Tel: 01353 605202 Fax: 01353 605200

## WELNEY PARISH COUNCIL

The Council comprises: Mrs Pat Rix (Chairman), Mrs Charlotte Cox (Vice Chairman), Mr Denis Booth, Mrs Alison Burrows, Mr Richard Green, Mr Steven Harvey, Mr Martin Kyne-Lilley, Mrs Pauline Pullum and Mr Ian Warrington. Parish Clerk: Mrs Pat Copeman (610 226: fax 610 418).

Parishioners are very welcome at the Parish Council Meetings, where they can monitor proceedings, comment under public participation, and raise any matters that are causing concern.

### **Parish Council Meeting – 14<sup>th</sup> September 1999**

District Councillor Mr Barnard attended the meeting along with four members of the Public.

Councillor Kyne-Lilley agreed to forward details of the Welney Millennium Arts Project to Norfolk County Council for inclusion in their Millennium Website, and to send similar details to the Norfolk and Norwich Millennium Committee. The Parish Council also agreed to make a donation toward the funding of the Welney Millennium Arts Project, following a display and a brief talk from Mrs Mitchell as to how the map etc. was to be constructed and produced by the village.

The Council had received reports of overgrown hedges and trees and the occupants of the properties concerned were asked to trim these back. Also the nettles and verges which become overgrown were reported to the Highways, especially the nettles at the top of New Road. The broken footpath along Main Street had already been reported to the Highways for urgent repair, and mention had also been made of the mud on Main Street, New Road and March Road after the contractor had been travelling between March Road and the field at the rear of Main Street.

Cllrs. Harvey & Green agreed to represent the Parish Council on the Upwell Internal Drainage Board and the Littleport and Downham Internal Drainage Board respectively.

A letter had been received from the Borough Council stating that they would like to introduce a system whereby residents of a village could inspect Planning Applications within the village rather than having to go to King's Lynn. Councillors agreed this would be a very good idea. Anyone interested in inspecting any Planning Applications affecting the village can do so by contacting the Parish Clerk to make a convenient appointment.

The Planning and Transportation Office of Norfolk County Council had received our request for a survey of March Road on 25<sup>th</sup> October 1999 from 1300 to 1500

hours, and confirmation is awaited that they will be able to do this. As soon as we receive this we will advertise around the Village, so that we can do everything to expedite a favourable survey to help us to get the much needed footpath.

Instructions were given for the ordering of the new Parish Council village notice board, but immediately after the meeting, Mr Blackwell of Taymor Place kindly donated a notice board which Cllr. Kyne-Lilley has now installed on the front of the Parish Hall. Grateful thanks have been extended to Mr Blackwell for his generous gift.

The question of traffic speeding through the village was again raised. Norfolk County Council have supplied details of equipment that could be installed to measure the speed and volume of traffic through Main Street, but this would cost about £500 which the Parish Council would have to pay for. A similar figure was quoted for like equipment if it were to be supplied by the Police. Mr Barnard offered to press the Police for more speed checks within Welney, and his offer was accepted with thanks. However the matter will be kept under observation in the hope that something more permanent can be done in future.

The question of the Bottle Bank and Paper Bank was raised and concern was expressed about the difficulty in getting the Banks emptied. The Clerk confirmed that as soon as she is advised that the Banks are full a telephone call is made, and Cllr. Pullum agreed to monitor the Banks on a regular basis and ring the Clerk immediately. If anyone else sees that the Banks are full or overflowing, please ring the Parish Clerk – better to be informed several times than not at all!

The Borough Council have informed us that they do not have any Dog Waste Bins available at present, but as soon as they have a further supply, we shall receive one which will be installed on land near the Parish Hall.

District Councillor Barnard gave details of a campaign that he is trying to set up called "What – No Coppers?", to arrange meetings with local rural Councils and the Police, to discuss rural policing within the area. As soon as a meeting is arranged the Parish Council will be invited to attend.

**Pat Copeman: Clerk to Parish Council**

**Next Meeting: 9<sup>th</sup> November,  
7.30pm – Village Hall**

## **Safanta Boarding Kennels**

**Siberian Husky Specialists - but ALL dogs welcome!**

OSBOURNE PLACE, MARCH ROAD, TIPPS END WELNEY,  
CAMBS PE14 9SN Tel: 01354 638595 - Proprietor: Doreen Carter

## Two More Councillors

**Richard Green - 610401** – I Moved into Welney in 1993, after 20 odd years in the Armed Forces. Although I was part of the "military community" and belonged to a number of voluntary clubs and organisations, I was never in the same place long enough to contribute to group activities except in a superficial way. I am now keen to use my experience to help the long-term aims of *this* community. I am happy to be contacted on any local issue where the Parish Council can assist.



**Charlotte Cox** – Moved to Cambridgeshire with her husband, Peter, in 1990, to White Hall Farm, Tipps End, which was once the home of the Markham family. She spent her childhood in West Sussex and moved to central London in 1970, and to Cambridgeshire in 1974, living first at Over and then Bar Hill, where she took an active part in various village groups. She has been self-employed since 1983, working full and part-time as a legal secretary in Cambridge and St Ives. She became a volunteer adviser at the Cambridge Citizens Advice Bureau 3 years ago and is on duty at the Bureau one day a week, work permitting. She enjoys living at Welney and would like to see more societies and groups formed in the community. She

recently joined the Welney Millennium Arts Project group. The large garden at White Hall Farmhouse, which boasts over 80 trees keeps them both busy, and is an oasis for wild birds. She wants to see Welney become a thriving, not dying community. Keen to see traffic calming measures installed on all roads through the Village and Tipps End area. Would like to see Welney become one of the venues for the various small travelling theatre companies in Norfolk and Cambridgeshire.

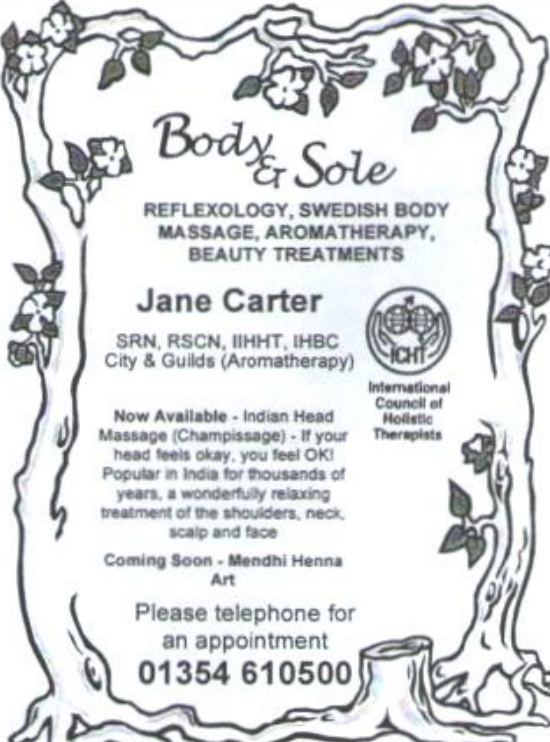
### BOB CLINGO

WINDOW CLEANING  
CARPET CLEANING  
HARD FLOOR SCRUB & SEAL  
BUILDERS CLEANS

6 TOINTONS ROAD  
UPWELL, WISBECH  
CAMBS, PE14 9HL  
TEL: 01945 772967



4 WEEKLY  
& 2 WEEKLY  
FREE QUOTE  
FASCIA  
& SOFFIT  
CLEANING



## Body & Sole

REFLEXOLOGY, SWEDISH BODY  
MASSAGE, AROMATHERAPY,  
BEAUTY TREATMENTS

**Jane Carter**

SRN, RSCN, IHHT, IHBC  
City & Guilds (Aromatherapy)



Now Available - Indian Head  
Massage (Champiassage) - If your  
head feels okay, you feel OK!  
Popular in India for thousands of  
years, a wonderfully relaxing  
treatment of the shoulders, neck,  
scalp and face

Coming Soon - Mendhi Henna  
Art

Please telephone for  
an appointment  
**01354 610500**

## WELNEY VILLAGE MILLENNIUM CALENDAR



You may have seen copies of our Village Calendar at Wendy's. It has been produced locally by David Mayes, and he is happy to take orders, if you want one for yourself, or for friends or relations who have left the Village. The Calendar has 12 lovely photographs taken in and around Welney between 1906 and 1963, and for every one sold, David has agreed to donate part of the proceeds to the Welney Millennium Arts Project. They cost £8.50, and you can either telephone him with your order on 610268, or place an order with Wendy at the Post Office.

## NATURE NOTES

As I travel around the countryside during the current mid-October warm spell, I can't help noticing that the Ivy is now in full flower. Its distinctive musky scent acts as a real magnet for hordes of insects of various sizes, shapes and colours. Such rich sources of nectar at this time of year are particularly important and thus, much sought after.

It is actually difficult to overstate the value of Ivy to wildlife at any time of the year. During the Winter, its thick, leathery, evergreen foliage provides essential shelter for birds and small mammals and primary hibernation sites for countless butterflies and other invertebrates. By February, with this role very much to the fore, it then makes its highly nutritious berries available to birds such as the Song Thrush, which would otherwise be finding food ever hard to locate.

The return of warmer weather in the Spring sees its tangled masses of branches widely used for nesting sites, which are difficult for predators to get at. It is often used for second broods, and taken over by different occupants altogether.

With all this in mind it is therefore rather strange, if not disturbing, that some people see Ivy as a problem species and do everything they can to get rid of it.

Admittedly, some slender, shallow rooted trees can become top-heavy and unstable if mature Ivy spreads into the crown. It is this that can occasionally bring such trees down in windy weather, and not any other ad-

verse impact that wrongly gets attributed to this vigorous climber. Ivy does not attack its "host" in any way, but merely uses it for physical support, although it does, of course, compete through its roots for water and nutrients.

Therefore, please do not be tempted to chop through the thick basal stems of any Ivy climbing into your trees. Think of the greater damage that you will be doing to wildlife! And besides, not only do the brown Ivy leaves look unsightly, but you won't have significantly reduced the wind resistance and extra weight in the upper branches.

Tim Bennett



## Money Matters INDEPENDENT FINANCIAL ADVISER

**FREE consultation without obligation on all Aspects of Personal & Business Financial Planning**  
Home, Shop & Office visits arranged for your convenience

Life & Critical Illness Assurance  
Income Protection - Private Medical Insurance\*  
Pensions - Investments - Savings  
School Fees & University Costs Planning  
Business Protection & Keyman Insurance  
Will Writing Service\* - Inheritance Tax Planning  
Household & Commercial Insurance\*

**FOR SALE** Mortgages\* & Remortgages\* **OFF**  
Personal & Commercial Loans\* arranged



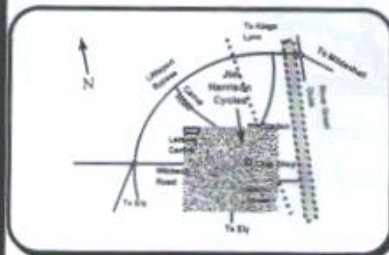
**Harry Humphrey  
Financial Services**

**Tel: 01945 430539**

Fendyke Stables, Station Rd, Emneth, PE14 8DJ

A member of The Kestrel Network which is regulated by the Personal Investment Authority. \*The PIA does not regulate these products/services. Your home is at risk if you do not keep up payments on a mortgage or any loan secured on it.

## Jim Harrison (Cycles)



**2 Ponts Hill,  
Littleport CB6 1PZ**

Next to Ex-Servicemens  
Club Tel: 01353 862000

**New Cycles, Repairs, Spares,  
Wheelbuilding, and Accessories;**  
for all types of cycles.  
Lightweight Road and Mountain



## OUR VILLAGE - WHERE DO WE GO FROM HERE?

Imagine attempting to cross the Atlantic Ocean in a yacht not knowing where you were going and without charts or a compass. Is it likely that you'd get to the other side in one piece? Inevitably the rescue services would need to be called in to bale you out of your predicament. You'd be called crazy and irresponsible to even try such an escapade.

Imagine then, that instead of a small yacht, it's the village of Welney on its journey.

Fortunately, we know where we are now. Some three years ago, almost every single household here contributed to a village appraisal. One initiative which came out of this excellent study was the production of the Welney News. The appraisal gave information on the numbers of people here, (just over 500), where they work (three quarters out of the village), what they thought of the washes flooding (expensive) and many others aspects of our day to day lives. The study has been universally praised as an accurate and comprehensive portrait of the village.

Do any of us know where we're going? If the appraisal sets out where we are, we need to decide in which direction the village is heading - a strategy for the future. Once we know what we want - then we can decide how we go about getting there.

For example, at the last meeting of the parish hall committee, we found that getting quotes

from builders to repair the floor was difficult. It's a small job and this year there's plenty of more profitable work which builders will chase in preference to relatively small repairs. The question was asked, "Is this paying good money after bad?" The hall was built in 1929 and is according to some, "past its sell-by date." It suffers from structural damage, is poorly insulated, badly heated and its internal layout seems to satisfy nobody. It sits on land rented from Anglian Water and is surrounded by land owned by Elgoods Brewery.

At the other end of the village, there is an equally dilapidated and underused sports pavilion set in 4 acres owned by the charity which runs it. However, adjacent to Chestnut Avenue is about 2 acres of land owned by Norfolk County Council formerly leased as grazing land for horses - but not now as it's covered in poisonous ragwort.

The options then seem to be:-

1. Leave things as they are and repair the existing buildings
2. Demolish one or both, and build new
3. If it's a new building - where and what should it be?

What are your ideas? Where do you think we should be going? Elsewhere in this issue are some suggestions for what to do with these buildings.

Start by writing in to Welney News - what do we want for our community? **Martin Kyne-Lilley.**

## Come to the Christmas Bazaar at Welney Village Hall, Saturday 4th December

Stalls, Teas & Coffees, Cakes, Bargains, Bric-a-Brac, Fresh Local Produce. **Buy your Christmas Presents!** Sell your unwanted bits and bobs! Enjoy a cup of tea or coffee! Meet your friends. You can have a stall at the Christmas Bazaar - it's easy! If you have things you would like to sell - kids' clothes and toys, household goods, plants, produce, sweets, jams, chutneys, home-made Christmas puds and cards - you name it - bring it along and have your own stall. Someone would like to buy it. Book with Mrs S Kent at the Three Tuns - 01354 610254, or just turn up on the morning! Lots of fun for everyone!



## J. N. LOVEDAY ENGINEERING

GENERAL METAL FABRICATION ☆ ROBOTIC WELDING SERVICES  
THE MILL, MARCH ROAD, WELNEY, WISBECH, CAMBS. PE14 9SE  
Telephone: Welney 01354 610353 Fax: 01354 610481  
E-mail: j.loveday@virgin.net.com



VAT Reg. No. 304 7825 71

### WILLIAM MARSHALL ALMS HOUSES

As you pass through Welney you could be forgiven for not noticing the 4 Church Cottages, which stand alongside Welney Church and the cemetery. Yet they have been here for 150 years and although their original purpose (to house "Poor Widows" of the Parish of Welney) has changed, they are still occupied today by older people who have life-long connections with our Village.

They were built, along with the School and our Church, with the legacy from William Marshall and continue to be administered by the William Marshall Charity.

Until recent years the cottages provided homes for only widows of the Parish, but there came a point when it was difficult to find tenants who met the strict criteria, so the Charity has "relaxed" the rules a little, to ensure that the Cottages are occupied, not just by single people, but couples, too.

They are well situated, in the centre of the Village, close to the Church, the Village Hall, and other amenities, and within walking distance of the Post Office

Initially, there were 6 cottages, but as many of you will remember, early on Christmas Morning in 1963 there was a terrible fire. It started in one of the cottages and, sadly, the poor lady who lived there died from her injuries. Several fire engines attended the blaze, but despite the best efforts of the Fire Service, all the cottages were completely gutted by the fire. It was bitterly cold and the firemen suffered dreadfully with water from the hoses soaking into and then freezing on their clothes. They took it in turns to thaw out, with cups of tea (and tots of rum) provided by Villagers. Thankfully, there was only one fatality and the other tenants were housed by friends and relations until the cottages could be re-built.

Although the entire block had to be re-built, there is still a little of the original brickwork in evidence. The new design made the 6 Cottages into 4. The two end dwellings are slightly larger, with enough room for a couple, but the 2 in the middle are a little smaller, and ideal for single occupancy.

The Cottages are "well appointed" as the Estate Agents might say. They have double glazing and a communal central heating system. They are also connected to the Local Authority SOS Alarm System, which for some elderly folk is very reassuring. Each has a living room, bath-

room, kitchen and bedroom, and unlike many similar charity properties, there are no restrictions concerning pets. The Marshall Charity re-decorate internally at each change of occupancy, and all external decoration and repairs are dealt with regularly by the Charity. Many years ago, tenants lived rent-free, but in these days when very little is without charge, they do have to pay rent, though it is set at a level which is affordable to those who live there.

Gerald and Ethel Cox, who many of you will know, returned to Welney in August, to take the tenancy at No 1 Church Cottages. They kindly showed me around and told me why they were so pleased to be back in Welney. They originally grew up

in March and Wisbech, but moved to Welney in 1951, to take over the Village Shop. At that time it had been called Dalton's Stores, then Brook's and finally became Cox's Stores. They ran the shop, along with family members, until 1988 when they retired to Skegness. They kept in touch with a number of friends and family in the area, who visited them in Skegness regularly, but as everyone grew older, it became increasingly difficult. Recently the Cox's decided that they wanted to return to the Fenlands, to be closer to people they knew. They looked at flats in March, but were not impressed, and when a friend told them that No 1 was vacant, they came and looked, and Ethel said that she knew instantly that this was where she wanted to live. She said it wasn't like moving home at all – it was coming home! They have returned to family and friends with shared memories and experiences, and have not regretted it for a moment.

They both remembered the fire, very clearly, and Gerald told of how he was awoken very early that Christmas morning by the sound of roof tiles exploding in the extreme heat. They spoke of all the bird-life they see from their window and about the grey squirrel that sits on the wall behind the house. It is peaceful, yet close enough to the centre of the Village to see what is going on. They gave me an impression of being very happy with their new home, and if the other occupants are as content, William Marshall would be very pleased with the result of his legacy to Welney. CG



The Alms Houses - rebuilt after the fire

## CHURCH NEWS

At our Churches garden fetes this summer we had on sale a cook-book. The recipes were favourites of various folks who thought that others might enjoy preparing and eating them.

I wonder which of her recipes "Mrs Moses" would have handed in? Her recipe book must have contained a large section on "How To Prepare Manna in 101 Different and Exciting Ways"! It's also my guess that she and many other wives and mothers must have tried each one on numerous occasions.

Cromer has its crabs, Hawaii its pineapples, Chatteris its carrots, Mr Delmonte his oranges, and the Hebrew nation had its manna – it was their staple diet for the 40 years they wandered in the desert (Exodus 16:35).

They must have boiled, baked, barbecued, breaded, battered and broiled it. They must have eaten it hot, cold, sliced, raw, - you name it – they must have tried it.

If you accepted an invitation to dinner you never had to worry as to what was on the menu – you simply wondered how it was going to be served today. Mealtimes were probably about as exciting as watching the grass grow. They hated it – they actually lost their appetite because they were so sick of it. We are told (Numbers 11) that they remembered with longing and great muttering the cucumbers, melons, leeks, onions, garlic and fish they had eaten in Egypt – what a combination – they must have been miserable indeed.

But let's just wait one moment – let's look at the whole picture. They did not have to work for their clothing or their food for 40 years! Every morning they gathered up the manna – delivered to their door. No going to the village shop or the supermarket, no inflation, no VAT, no queues at the checkouts – simply a constant, fresh, daily supply of food.

A fresh miracle each morning and this was accompanied by the faithful cloud in the day-time and the comforting fire at night. A visible reassurance of God's presence and protection. When they were thirsty, God quenched it with water that flowed like rivers from rocks along the way. They enjoyed all this without limit or hassle, they simply had to be there, gather, eat up and clean up. Yet for all this they came to resent it. Having much, they wanted more. Having plenty, they wanted variety. Tired of manna, they longed for meat.

In his wisdom God was testing their obedience, patience and determination to carry-on regardless of the monotony of their diet. I'm sure that like them, I would have failed when the exam results came in.

Yet surely all of life is on a daily basis. Tests that

come and go swiftly cause no more than a flutter in our lives. It's the perseverance during the long haul which cause the pain and yet builds character. Unlike so many things virtue is not hereditary. Each generation has to sort it for itself.

Wherever we are in life's journey, whatever our circumstances in the here and now, it is strong roots and deep perseverance that builds and shapes us into a person in harmony with the whole of God's created order.

Sheila Tooke - Rector

## CHURCH SERVICES

### November

|                  |         |                 |
|------------------|---------|-----------------|
| 7 <sup>th</sup>  | 9.30am  | Morning Prayer  |
| 14 <sup>th</sup> | 11.00am | All Age Worship |
| 21 <sup>st</sup> | 9.30am  | Holy Communion  |
| 28 <sup>th</sup> | 6.30pm  | Advent Praise   |

### December

|                  |         |                               |
|------------------|---------|-------------------------------|
| 5 <sup>th</sup>  | 9.30am  | Holy Communion                |
| 12 <sup>th</sup> | 11.00am | All Age Worship               |
| 19 <sup>th</sup> | 9.30am  | Holy Communion                |
| 24 <sup>th</sup> | 11.30am | Holy Communion                |
| 25 <sup>th</sup> | 11.30am | Holy Communion (Christchurch) |
| 26 <sup>th</sup> | 10.00am | Morning Prayer                |



**Brewer Electrical Appliances**

Top quality reconditioned electric cookers, fridges, fridge-freezers, washing machines and tumble dryers. Wide selection always available, including Halogen "slot-in" hobs.

All items supplied with a written guarantee and a safety test certificate.

Unbeatable value and quality at  
**Brewers Electrical Appliances**  
Trafalgar Industrial Estate  
Downham Market.

Phone now for further details on:  
**01366 386838 (mobile 0589 400896)**

## 1999 WELNEY WATER GALA



Favoured with good weather -willing helpers and a generous public the day was a great success - raising a total (with the evening dance) of £1252.84 Well done one and all!

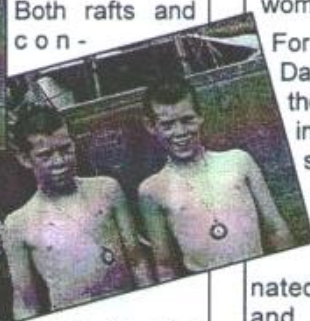
The senior race sponsored by **Giles Landscapes**, was won by Carl & Phil with Ian & Nigel as runners up.

Junior trophy sponsored by **Howard Kent Transport** was won by Craig and Lee who sportingly loaned their raft to twins from Lakesend,



Daryl & Jamie who gave them some competition.

Both rafts and con-



testants were varied this year, with ladies teams, veterans and even a late entry from the fire brigade. Coupled with new rules which made the rafts more even in size and required 2 operators - this made for a more even-handed race card.

The side shows all made good takings and the giant bar skittles proved an exiting challenge to many - well done Richard and Carol Green!

The children's fancy dress was staged on a desert island - whipped up by local genie Tom Fisher to give the contest some authentic-



ity! The contest was judged by a senior member of the fire brigade



who found the judging to be so close that all children received a winner's prize!

This year we were treated to Georgia

and Olivia who were parrots, Hugh the Starfish, Toby the Palm Tree, and Alex as Princess Du Ray (sorry if I got that wrong!)



Tracy Scarf volunteered to man the Tele Tubby side show which developed into a popular wet sponge Aunt Sally - a brave woman indeed!

For me, the lasting memory of this year's Gala Day was the little girl I spotted -who thought the dustbin was a lucky dip and was tucking into some discarded spare ribs !!!!! (No I shan't name her - but she lived to see next year's Gala Day!)

Thanks to all who donated, helped and came to cheer and spend!!! See you all again next year.

**Pauline Pullum**



Returns for Water Gala Day  
An excellent day's fun and fund raising. A big thank you to all!

#### Income

|                     |         |
|---------------------|---------|
| Bottle stall        | £304    |
| Cigar               | £8.40   |
| Win the frog        | £14     |
| Programmes          | £29.20  |
| Straws              | £100.00 |
| Lollipop            | £13.40  |
| Raft race entries   | £18.00  |
| Barbecue            | £20.00  |
| WI stall            | £54.55  |
| Key for whisky      | £32.00  |
| Guess 3 Tuns bottle | £162.23 |
| Skittles            | £30.20  |
| Raffle              | £112.00 |
| Dance tickets       | £165.10 |
| Stalls              | £25.00  |

#### Sponsorship

|                  |                 |
|------------------|-----------------|
| Elgoods          | £100            |
| Howard Kent      | £125            |
| Giles Landscapes | £25             |
| Donation         | £20             |
| <b>Sub total</b> | <b>£1419.64</b> |

#### Expenses

|                    |         |
|--------------------|---------|
| Trophies           | £55.80  |
| TJ Country         | £70     |
| Electricity        | £6      |
| St Johns Ambulance | £20     |
| Engraving shield   | £10     |
| Raffle tickets     | £5      |
| Expenses total     | £166.80 |

#### GRAND TOTAL

**£1252.84**

#### The Other Ones!

These are the other photographs taken on the day showing all the other medal winners and contestants. It was amazing to see all the "idiots" in craft which wouldn't have disgraced the Titanic. But their willingness to participate in wet and slippery madness made

it such a good day. If there are people out there who took part and didn't get their picture in the Mag then sorry, it wasn't deliberate. There are too many to name names but the evil looking reprobates are really nice people when they dry off.

We are looking forward to next year when we hope to do even better. this is our village and this is a fun way to support it.

There will be more activity stalls next year.



#### NEWS FROM WILDFOWL AND WETLANDS TRUST - WELNEY

Summer 99 saw the enlargement of the observatory at WWT Welney. This project has been part funded by an Objective 5b Grant - the observatory is now open and as part of the launch we have included with every copy of this edition of Welney News a complimentary ticket - valid for 1 person at WWT. We look forward to seeing you during the

coming months.

On 1<sup>st</sup> October, the first of the winter swans arrived back on the reserve. Three Whooper swans touched down after their Atlantic crossing from their breeding grounds in Iceland. During the coming months we expect these to be joined by approximately 4-5000 others, including Bewick's Swans, from their Russian breeding grounds.

As part of the activities during the Festival of Swans Weekend 20-21<sup>st</sup> Nov, a small exhibition of local art work will be on display in the Village Hall 2-5 pm. Free Entrance.

During the Half-Term School Holiday the Trust will be holding art/craft activities for children. Again, there is no charge. For information call Debbie on 01353 860711.

# ~WATERWAYS~

Family Foodmarket

Newsagent

Off Licence

- o o o -

Main Road, Three Holes

Wisbech PE14 9JR

Telephone 01945 773449



Vehicle Testing  
Station

Petrol & Diesel

Repairs & Servicing that  
doesn't cost the earth

Agents for Littlewoods Pools

## PADGETS GARAGE

Established 1895

Quality and reliable car  
repairs and servicing and  
MOT

Free Collection & Return if  
needed

Specialists in vintage and  
classic car parts. Expert  
knowledge of repairs

Estimates Free

Dave Padget  
Suspension Bridge  
Call 01354 610225



## WELNEY COMMUNITY CENTRE TURNING HOPES INTO REALITY

The Village Hall and Playing Field Committees could join forces to design and plan a custom-built, multi-purpose Hall with a Heritage Centre, to accommodate the Millennium Map and other memorabilia, relevant to Welney's history (eg. William Marshall, Skating).

Funding could come from various areas for a new hall, which incorporated sports facilities (showers, changing rooms for both sexes and disabled people). We could approach the sporting bodies too. Norfolk Rural Community Council have prepared a booklet about projects successfully funded from Leader II, of which I have a copy. They will also run a project through their computer to discover who might fund it, and send us the list.

The Playing Field belongs to the Village, so if the building was there, it would save rent. There is ample room to build the multi-purpose hall.

Having planned a Community Hall there, we could approach Parish, Borough and County Councils for street lighting, footpath etc. Our case would be stronger if we were to have only one hall.

Carpet Bowlers walk the road in the dark with no problems and I walk it several times a week. The more people that do walk it, the more aware traffic is of pedestrians using it.

The Water Gala could still possibly be staged, perhaps outside The Three Tuns, or the other side, with residents permission. By the time the Hall is a reality we may have progressed to a large Summer Gala on the field. Both options would be available to us.

The important thing is to start fund raising as quickly as possible; we can decide where it goes when we have enough money to seriously start thinking about building.

Pat Rix



ANGLO-EASTERN

COMMERCIAL

offer for sale at

Graham Childs Motors  
Howdale Road Downham  
Market

A wide range of dog food, bird seed, straights,  
grass seed, hemp, peanuts etc. etc.

Present this Advert for a £1 per item discount!

Tel: 01366 387978

#### PLAYING FIELD AND PAVILION

Having looked at several catalogues for Five-A-Side goal posts, the Committee have discovered that they will cost between £200-£500 because they must meet EU Safety Standards for play/sports equipment. If an adult is willing to support and coach/supervise the children who want to play, the Committee would be willing to discuss the best option for them.

The Committee decided at their last meeting to approach the Hall Committee for their views about both Committees uniting to fund-raise for one Community Hall.

#### CARPET BOWLS

The Summer League has now finished, and we ended up bottom of the League, but we have gained some valuable experience.

We have joined the Dairy Crest League which plays once a month at Downham Market, and we won 2 out of 3 games on our first evening.

We have purchased our own equipment with grants from the Borough Council and Norfolk Rural Community Council. And we still have 4-6 Juniors, who play regularly.

#### LINE DANCING

Is still going strong, and the class now numbers 13, of which 3 are men! It's fun and good exercise too.

#### KEEP FIT

This started on Thursday 4<sup>th</sup> October at 7.30 pm. If enough people want an afternoon class we can perhaps arrange for one on Mondays.

Pat Rix

### GRAHAME SEATON

AMLAS

DESIGN AND PLANNING CONSULTANT

Well Creek Lodge, St Peter's Road, Upwell.

Telephone 01945 772632

Drawings prepared for houses, bungalows, alterations and extensions.

Planning and building control approval obtained from Local Authorities.



**10% DISCOUNT ON  
PHONE ORDERS  
OVER £7.00's**

**Navrady's**

**OF UPWELL**

**GOOD FOOD  
GOOD VALUE  
105 School Road  
Upwell Wisbech**

**(01945) 772398**

**VOTED  
ONE OF THE TOP  
FISH & CHIP  
SHOPS IN BRITAIN  
FOR THE LAST 3 YEARS**

#### Welney Village Hall Lottery results August

1st prize £54 no 281  
2nd prize £40 no 159  
3rd prize £28 no 134  
4th prize £14 no 132

#### September

1st prize £60 no 77  
2nd prize £44 no 296  
3rd prize £30 no 370  
4th prize £15 no 121

Money raised so far  
**£368.52. Thank you all**



#### Bingo!

Lilly Savage says everyone is doing it - but the village bingo on the last Friday of every month is suffering just a bit.

Maybe its the weather, maybe it's the time - but the ones who do go enjoy the atmosphere and that edge of excitement. OK we don't have thousands to give away but we do provide entertainment and a social event that beats the telly and gets the adrenalin going.

We would love to see you there and don't forget it supports your village.

### WELNEY SCHOOL

The children of Welney School celebrated Harvest Festival with a service in the church on Monday 20<sup>th</sup> September. The service was attended by some of the parents and other village residents who joined in with the hymns. The children stood up to sing a special harvest song written by staff member Mrs Oakey, and a group of seven children recited verses of a poem relating how a trip round the supermarket was like a tour around the world, buying food harvested in many different countries. The proceeds of the collection at the service were to go to the Turkish Earthquake Appeal.

Events in the school diary for October included a trip to Ely Cathedral for the juniors on the 12<sup>th</sup> they will be taking part in the Church Schools Music Day, with various activities and workshops and finally a service in the cathedral. The juniors will be learning some songs in advance for this. Then on 20<sup>th</sup> is the Pumpkin Fayre. After preparations and the grand weighing of pumpkins, the Fayre itself will begin at 2pm – all welcome! School stops for half term on the 21<sup>st</sup>.

The next diary dates are in December; on the 3<sup>rd</sup> will be a Christmas Spectacular in the Village Hall, organized by the Friends of the School. On the 9<sup>th</sup> is the school carol service in the church at 6-30pm. There will be more details on these two events available nearer the time. On the 16<sup>th</sup> the whole school has an outing to Hunstanton for the Christmas pantomime – with front row seats! Headmistress Mrs Golson comments that "the Pantomimes at Hunstanton always remain close to the original stories they are based on, and are presented in real, traditional Panto style with the actors getting the children in the audience to interact with the characters on stage". Hands up those grown-ups who want to be stowaways on the coach on the 16<sup>th</sup>.... Finally, term ends on the 17<sup>th</sup> December.

### NEW FACES AT WELNEY SCHOOL

Many of us like the idea of a small village school where everyone knows each other – surely a less daunting beginning for young children at the start of their school career. Someone who has a definite preference for the small school environment is Mrs Anna Wynn, the new infant teacher at Welney School.

Anna has lived in Littleport with her husband and three children for the last two years, and is not a totally new face at the school as she has done some supply work there prior to this term.

Anna began her working career in accountancy, which she confesses to "not having enjoyed from day one"! Having done lots of voluntary

work with children, including involvement in Sunday School, Girls' Brigade, and Youth Club work, it became clear where her vocation lay; and after four years of study in Cambridge, Anna qualified as a primary school teacher. There followed the arrival of children Florence, aged 5, Constance, aged 4, and Simeon, aged 2; so family matters were a particular priority for some time. The Wynns had also lived in many different places, as husband Simon is a meteorologist in the Navy; however he was recently moved to a relatively settled posting, enabling Anna to look for a full time job. The vacancy at Welney School came at just the right time, and Anna and Simon are happily based in Littleport as both families come from the Cambridge area. So, a warm welcome to Anna, who has finally 'arrived' after years of change, upheaval, and hard work – and congratulations on achieving a much-wanted goal!

And new to the school kitchens, but not new to Welney is Diane Kent. Diane, from March originally, has now lived in Welney for seven years and is married to Stephen, whose family have been farming in the area for some generations. Their son Gareth is in Year One at the school. Diane has always worked in catering and was cook at Marifa Lodge before moving to the school. Previously she had worked for Trusthouse Forte and had achieved a position of some responsibility; however the working hours at the school are far better for someone with a young family, as are the matching holidays. Diane enjoys 'real' cooking with fresh ingredients and much prefers serving up something completely home made – she believes it must be better for the children. Her young customers certainly seem to appreciate the results of her work – seconds are often in demand and leftovers are apparently a rarity in the dining room at Welney School!

**Karen Fleming**



**J.D.L.**

**PRIVATE HIRE TAXI SERVICE**

**01353 862424**

**SAME DAY PARCEL SERVICE**

**CONTRACTS - AIRPORTS**

**DISTANCE NO OBJECT**

**24-HOURS A DAY - 7 DAYS A WEEK**

## WELNEY CYGNETS

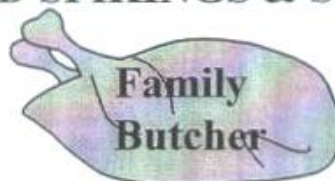
Welney's own parent and toddler group, now officially named Welney Cygnets, are up and running! You can find us in the Village Hall on Tuesday and Friday mornings from 9-30 to 11-30. Each session has a theme around which games, crafts, colouring, etc are based – themes covered so far include holidays, harvest, and autumn seeds, berries and leaves. Some of the themes to come will be Bonfire Night, Winter, and Christmas. Each session includes a refreshment break and a singing session. If you have not visited our group yet, why not come along and see what we do?

The group held an AGM in August to form a steering committee. There was no shortage of willing parents to join the committee; Jane Frusher is chair, Holly Goodwin vice chair, Farida Shirley secretary, Louise Willis assistant secretary, and Karen Fleming treasurer. Holly Goodwin has taken on the role of planning the curriculum for the group and is the session organizer. Other committee members are; Sally Kerr, Vanessa Sharpe, Phillippa Mitchell, Jasmine Golson, and Sheila Tooke. The group is now a member of the Early Years Support Network, a playgroup support organization based in Norwich. Membership gives our group access to a range of educational and advice resources including help with applying for grants. There are plans for more fundraising events during the autumn and winter – look out for details of these as we finalize them.

Finally we would like to thank all parents and other supporters who have helped the group so much during its infancy; particularly those who have donated toys and other supplies. Things we need now include drawing paper (lots of), old shirts (to use as painting overalls) and dressing-up clothes, so please search your attics!

With thanks from Holly Goodwin and Karen Fleming.

## J D SPIKINGS & SON



28-29 St Peter's Road, Upwell

**Order your CHRISTMAS  
Poultry, Beef, Pork, Lamb,  
Sausages, Sausage Meat,  
Gammon, Chipolatas, Pork  
Pies etc**

We accept all Major Credit Cards

**Telephone 01945 773424**

**Refrigerated Deliveries**

## WILLIAM MARSHALL V.C.P. SCHOOL IMPORTANT NOTICE

The Governors and Staff of the William Marshall V.P.C. School at Welney are very concerned about the rumours circulating the village and surrounding areas, that the School is to be closed.

**They would like to state that there never has been and certainly is not any chance of the School closing.**

The School is thriving and forms a very important part of Village Life, and we would be grateful, if the rumour is mentioned, that this information is given to anyone

who is concerned, so that these malicious stories can be stopped before they are allowed to influence anyone who might be considering joining our Happy School, or indeed, have an effect on any families who already have pupils attending.

Pat Copeman – Clerk to the Governors – October 1999



## BUSINESS PARTNERS

### Networking

Novell Business

Partner

Fibre & CAT5

Cabling

ISDN solutions

Remote Access

Groupwise

Contact:

bob@bpcc.co.uk

### Training

Dedicated

training suite in

the centre of

Wisbech.

Win 95, Word

Excel, Access,

Powerpoint

Contact:

liz@bpcc.co.uk

### Database

Application

databases

written to meet

a variety of

requirements.

Demonstrations

available.

Contact:

lisa@bpcc.co.uk

### Support

Software

Hardware

Y2K issues

On site

We provide total

support on all

PC's, laptops

Contact:

chris@bpcc.co.uk

### Systems

Custom built

IBM, HP

Compaq

Toshiba

Printers

Scanners

Y2K Audit

Contact:

beian@bpcc.co.uk

### Sage

Fully qualified

accountant

training and

consultancy

services for

accounts and

payroll

Contact:

kevin@bpcc.co.uk

Visit our web site: [www.bpcc.demon.co.uk](http://www.bpcc.demon.co.uk)

BUSINESS PARTNERS COMPUTER CONSULTANCY LTD, 7 THE CRESCENT, WISBECH, CAMBRIDGESHIRE, PE13 1EH

Tel: 01945 466343 - Fax: 01945 466344

# Millennium Arts Project

The Welney Millennium Arts Project is now swinging into action! Martin Kyne-Lilley, Charlotte Cox, Karen Flemming, Ian Warrington, Richard Green and myself, Philippa Mitchell, have shared out the tasks to begin creating the Map for the Exhibition next year.

The Map - the blue print or pattern for the map has been finalised and measures approximately 8 foot high and 13 feet long. We intend to make it in four panels that will be permanently stretched onto frames and fixed together. They will fold out like a screen to show the entire map.

The map is a London Underground style map so it is not strictly to scale - this is in order to condense the odd shape of our Parish into a rectangle but keep the houses as large as possible. Every house will be shown on the map, and we would like to ask you if you would be interested in making your 'house' for the map? We would be very glad to have as many people as possible help us on this community piece of work; we aim for the map to be finished in September next year. We will make sure all of the houses are represented, but if there are any other landmarks or places of interest that you think we should include please let us know.

Many people have asked "where do you see this living permanently?" We see this as relatively easy to transport and hope that it will tour around the area, and maybe around the village to various locations on a rotational basis.

The first Craft Evening Course has started with eight people from the village coming along to learn the craft of stained glass cutting and soldering to make various "pictures" of the village including the Church, Water Tower, a tractor, some of the Washes and some houses. We have only had two cut fingers so far! but already at least one person is considering taking it up as a hobby.

The second Craft Course ( of six) starts on the 8th November (8pm-10pm) and this is going to be woven tapestry, so if you fancy trying a new craft, right here in the Village, led by a professional weaver, at a very reasonably price - £2.00 pper session, please put your name down at the Post Office or give me a call. We have had quite a few people who have shown interest so far, of different ages and not just women! Further classes will hopefully include Ceramics, Felt Making, and Fabric Painting or Silk Screen Printing. These would be held in the New year.

For those who are keen to make their 'own house':

- Each individual house (including any garden if you wish) should fit within a 2 ½ inch or 6.5cm square. So we are looking for miniatures! Also the thickness must be less than ½ inch or 1.5cm.
- Please use any craft or combination of crafts, (except paper or card) This could be embroidery, cross stitch, appliqué, wood, metal, plastic, anything you like.
- There needs to be some way of attaching the piece to the map - either with loops (for the stained glass etc) or by sewing if it is made of fabric.

If you would like to make something bigger, for example, we are planning to include larger views of the well known places of interest, please get in touch first so we can plan ahead, and we won't double up. My number is 01353 862 481.

We have applied to a number of sources of funding, and have received some exciting responses already. A big Thank you to everyone involved.

**Philippa Mitchell**



**Craft work in action at the Village Hall**



### The Widgeon Tea-Room open 10 am - 4.30 pm

Visit our charming tea-room at  
one of the most important  
nature reserves in the area  
*(all profits go toward our conservatin work)*

Enjoy a variety of hot & cold  
light lunches/snacks  
(served from 12-3 pm)

Call in for afternoon tea and try  
our delicious home-made cakes!  
*(Booked groups catered for)*

Admission to the Centre is free but  
there is a small charge to visit the  
observatory

The Visitors Centre and Reserve is  
open 10 am - 5 pm.

Gift and Book Shop

Disabled Access/Baby Changing  
Facilities

### THE PLAYBUS

The playbus is still, at the time of writing, unable to resume due to staffing problems. The playbus committee are meeting regularly as before and will have held their AGM at the beginning of October. There is little else to report at present; but it is hoped that it will not be long before the playbus reappears in Welney and the other villages on its circuit. For further information, please contact Holly Goodwin or Jane Frusher.

### LEST WE FORGET

Remembrance Day will soon be with us again - Sadly, most of the servicemen and women of the First World War and many from the Second World War are no longer be with us



There are thousands of soldiers, sailors and airmen and women still serving in dangerous places across the world, many in peacekeeping duties with the United Nations.



Amy Markham (who has been collecting for 41 years!) and Denis Booth will be round your way from 30th October



**REMEMBER! THE 5TH OF  
NOVEMBER  
BONFIRE AT THE LAMB  
& FLAG  
STARTS 6.30 pm**  
Jacket Potatoes, Hot-Dogs,  
Chilli  
Cakes & Biscuits made by the  
Cygnets  
*(part proceeds of the event  
donated to the Cygnets)*  
**GUY GETS TOASTED AT  
6.45 pm !**

Housewares - Hardware - Gardening  
(TRADITIONAL IRONMONGERS)

### J H ADAMS & SONS LTD



17 MAIN STREET,  
LITTLEPORT

TELEPHONE:  
01353 860222



Paint  
Wallpaper

Pet  
Food

**FREE**

Local Deliveries  
Customer Parking



Cycle Spares



**We're a fair and square store - a member of a  
large chain of independent hardware retailers**  
Take our advice - we're hard to beat  
for service & price and we're local

## Time for that flu jab.

The elderly and people with certain medical conditions are being urged to be vaccinated against influenza this autumn in preparation against winter outbreaks.

Influenza, commonly called 'flu', is a highly infectious respiratory illness affecting all age groups. It is spread by the coughs and sneezes of people who are already infected and can spread very rapidly. Its incubation period is one to three days and symptoms are fever, a 'shivery' feeling, headache, muscular pain and sometimes extreme tiredness.

Most people will recover in two to seven days, but it can develop into a serious illness complicated by bronchitis and pneumonia which may need hospital treatment.

People who are advised to be immunised against 'flu' every year are:

Adults and children suffering from

- A chronic heart or chest complaint, including asthma
- Chronic kidney disease
- Diabetes
- Those who have reduced resistance to infection
- Any other serious medical condition
- People over 75 years old
- Those living in nursing or residential homes where rapid spread is likely.

Linda Myers, Communicable Disease Control Nurse for Norfolk Health Authority, said, 'Studies indicate that currently only 40-50% in the 'at risk' groups take the opportunity to be vaccinated. Many people do not realise that they are at risk. If more people had their vaccinations many of the complications from this disease could be avoided and many lives could be saved every year.'

There is a myth that you can get a mild dose of 'flu' following vaccination. Influenza vaccine does not contain any live virus and cannot cause 'flu'. Patients should be warned that there are many other germs that cause respiratory infections similar to 'flu' which the 'flu' vaccine will not prevent.

Annual vaccination is ideally given in October. If you think you need a 'flu' vaccination check with your GP or practice nurse. Most doctors organise special vaccination

sessions in the autumn and will arrange an appointment for you then.

Another winter infection, which can be prevented by immunisation, is pneumococcal disease. This is a major cause of illness among certain 'at risk' groups. Pneumococcal vaccine is recommended for more or less the same risk groups as 'flu' vaccine and may be given at the same time. However, for most patients, this vaccine is given only once and re-immunisation may cause adverse reactions. Your GP can advise if this vaccine is necessary for you.

With the 'flu' season fast approaching, the best time to be vaccinated is between late September and early November. You shouldn't wait until there is a flu epidemic.

Information on flu is available at the Health Information Service, 24 Exchange Street, Norwich, Freephone 0800 665544.



### THE RED HART INN

#### Three Holes

#### The Carvery

Friday and Saturday

7 - 10 pm

Sunday 12 - 4:30 pm

£5.95

Starter, Main Course,

Sweet

Dave and Judy Flather

look forward to meeting you

Tel: 01945-773328



### WEST NORFOLK ASBESTOS REMOVALS

The Old Maltings, Setchey, King's Lynn, Norfolk, PE33 0AY

V.A.T. No. 599 5871 54

Asbestos Licence No 4969803890

CENTRAL GOVERNMENT APPROVED LIST OF WORKS CONTRACTOR

Email = billthompson@asbestos.source.co.uk

Phones 01354 610539 01553 811844

Fax 01354 610581 01553 810799

Mobiles 0585 467282 0402 182220

## WELNEY HOMEWATCH

Reported crimes for Welney area include a purse stolen from a birthday party in Tipps End during the 24<sup>th</sup>-25<sup>th</sup> July and the theft of some hand tools from a shed in March Road on the 5<sup>th</sup> September.

The *Winterwise* campaign is coordinated by Age Concern and addresses many welfare issues for older people. In a previous edition of Welney News the subject of personal security was discussed. There is now a two-year campaign being run in an attempt to reduce the great number of people over 65 who suffer a fall in their own homes; "Avoiding slips, trips, and broken hips". Over a three year period in this region, **12000 people** were injured in such falls, and 41 died. The Winterwise campaign has issued an information package, which is summarized here:

- **Keep physically active** – regular light exercise such as walking, swimming, bowls, or line dancing can improve weak muscles and poor balance. Gentle exercise and massage can relieve the arthritic pain and stiffness. Remember, speak to your GP if you are going to try something new; start gently and listen to your body!
- **Take fewer risks** – get up slowly from sitting in a chair or lying in bed. Try stretching and tensing your arms and legs before starting to move.
- **Be aware of your health** – have regular eye and foot check-ups. Never mix alcohol with medications. Some medications, and arthritis of the spine and neck, can cause dizziness. Ask your GP about flu jabs. Illnesses such as flu can make you more prone to falling. Try to keep to a healthy diet with sources of calcium and vitamin D.
- **Clothes, shoes and glasses** – avoid loose-fitting shoes or slippers, long nightdresses, or any clothing which might trip you. Wear lower heeled shoes with good soles. Don't walk in socks or tights on slippery floors. Separate glasses for reading and distance are safer than bifocals or varifocals; you may be entitled to financial help if you need to change your glasses. Hip protector underwear is available to reduce the risk of a hip fracture should you fall – your GP should have information on this.
- **Precautions in your home** – use brighter light bulbs in risk areas such as staircases. Avoid having trailing wires, loose rugs, etc. where you regularly walk. Letterbox cages

help you avoid stooping to pick up letters. Consider having extra handrails on stairs and next to toilets and baths. If you need to hold on to furniture when moving around, have any casters removed. Try to keep your house warm; if your muscles are cold they don't work so well. Consider having a personal fall alarm of some kind.

- **If you have a fall** – try not to panic. If you have hurt yourself try to attract attention before trying to move. If you cannot get up, try to get to a sturdy chair and use it for support. If you can't do this, try to keep warm by tensing your muscles regularly to produce heat, or by reaching a rug or coat to use as a blanket. Try to contact a neighbour by banging on a wall or floor or calling out if you cannot get to a phone. Tell your GP afterwards if you have had a fall, whatever the cause.

Age Concern Information Line is a free telephone helpline for anyone seeking further information; the number is **0800 009966**. The Royal Society for the Prevention of Accidents can also be contacted on **0121 248 2000**.

**Flu Jabs; Do You Need One?** Flu vaccination is recommended if any of the following apply to you; you are over 75, or are diabetic, have heart or respiratory disease, kidney disease or are on cancer treatment, or if you live in a residential home. Ask your GP or practice nurse for advice.

**Winter Fuel Payments.** These are not to be confused with the cold weather payments, which are linked to spells of harsh weather. Winter fuel payments are made **automatically** to all eligible households – each household that qualifies should receive £100, either by Girocheque or payment into a bank or building society account. Your household will receive this payment if any one of the following applies to you;

you get income support

you get a state retirement pension

you are a man aged 65 or over, or a woman aged 60 or over, and you receive one of a number of benefits such as Widow's Benefit or Disability Living Allowance

If you have any questions about Winter Fuel Payments or are not sure if you qualify, you can ring the Winter Fuel Payments helpline - **0645 151515** – or one of the Age Concern information centres; these are Chatteris 01354 696677 and Peterborough 01733 564185.

**Karen Fleming**

## DATES FOR YOUR DIARY

| S           | M  | T        | W    | T  | F  | S  |
|-------------|----|----------|------|----|----|----|
| 24<br>OCT → | 25 | 26       | 27   | 28 | 29 | 30 |
| 31<br>NOV → | 1  | 2        | 3 W  | 4  | 5  | 6  |
| 7           | 8  | 9        | 10   | 11 | 12 | 13 |
| 14          | 15 | 16       | 17   | 18 | 19 | 20 |
| 21          | 22 | 23       | 24   | 25 | 26 | 27 |
| 28          | 29 | 30 DEC → | 1 WI | 2  | 3  | 4  |
| 5           | 6  | 7        | 8    | 9  | 10 | 11 |
| 12          | 13 | 14       | 15   | 16 | 17 | 18 |
| 19          | 20 | 21       | 22   | 23 | 24 | 25 |



Carpet Bowls  
Youth 6-7 pm  
Adult 7-9 pm Pavillion



Line Dancing 7.30 pm  
Pavillion



Christmas Bazaar, Village  
Hall 10-12 noon



Mobile Library 9.30  
Hale Drove End, 10.30  
Village Car Park



Bingo & Lottery Draw  
7.30 pm



School Carol Service.  
6.30 pm, Church



Parish Council  
Meeting  
7.30 pm Village Hall



Mini Mart 10 - 12 noon  
Village Hall



School Christmas  
Spectacular - Village Hall



Friendship Club 2.00  
pm, then 1 30 pm when  
clocks go back



Teddy Church  
10.30 am Church

**WI**

Womens' Institute - 7.00  
pm, Village Hall



Welney Cygnets 9.30 to  
11.30 am, Village Hall



Quiz Night -8.00 pm,  
Three Tuns



Art Exhibition Village Hall  
2-5 pm Admission is  
Free!



Millennium Arts Project  
Courses - 8 - 10 pm  
Village Hall



VALID AT WELNEY  
ONLY. NEWS

## Complimentary Ticket

Admit one person to any WWT Centre overleaf

Adult ☐ Child ☐ OAP ☐

Printed on chlorine free paper

Reg charity no 1030884