

Upwood & the Raveleys Newsletter

February 2015 Issue 76



When the phone box in Upwood High Street was decommissioned by BT the Parish Council took it over. They decided to turn it into the Book Exchange. This addition to the amenities of Upwood Village and the Parish generally has been embraced by parishioners. It is well stocked with books and DVDs which can be borrowed by anyone. There is no limit to the amount of time you can have the books and DVDs 'on loan'.

Esther Rowley is 'in charge' of the Book Exchange and she is delighted with the response the Book Exchange has enjoyed. If you haven't done so yet, it is certainly worth looking into the old telephone box and expanding your reading or listening experience.

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DIARY OF EVENTS: FEBRUARY 15 – MARCH 15

| Date | Day | Event | Time | Place / Contact |
|---------|------|----------------------------------------|----------|-----------------------------------|
| 1 Feb | Sun | No Church Service | | |
| 2 Feb | Mon | Parish Council Meeting | 7.00pm | Village Hall, Parish Clerk 812447 |
| 8 Feb | Sun | Holy Communion | 9.30am | St Peter's Church |
| 10 Feb | Tues | WEA day Course: Painting, | 10 - 4pm | Village Hall, Liz 813008 |
| | | Photography or both | | |
| 14 Feb | Sat | Valentine's Day Menu | | Cross Keys pub |
| 15 Feb | Sun | Morning Prayer | 9.30am | St Peter's Church |
| 16 Feb | Mon | Fete committee meeting | 7pm | |
| 16 Feb | Mon | Ramsey Gardening Club | 7.30pm | Ramsey Community Centre |
| 17 Feb | Tues | Pancake Coffee Morning | 10 - 12 | Village Hall, Anne-Marie 812915 |
| 18 Feb | Wed | Great Fen Group walk | 10am | Adrian 07983850886 |
| 19 Feb | Thur | UPA: Rope String Band | 7.45pm | Village Hall, Doug 814114 |
| 22 Feb | Sun | Benefice service | 10.00am | Ramsey St Mary's |
| 23 Feb | Mon | Home to Home | 8pm | Village Hall, Jackie 711329 |
| 28 Feb | Sat | Cricket Club Quiz | 7pm | Bury Village Hall, Neil 812924 |
| | | MARCH | | |
| 1 Mar | Sun | No Church Service | | |
| 2 Mar | Mon | Parish Council Meeting | 7.00pm | Village Hall, Parish Clerk 812447 |
| 5 Mar | Thur | WEA Day Course: Climate Change - | 10am – | Village Hall, Liz 813008 |
| | | Past, Present and Future | 4pm | _ |
| 7 March | Sat | UPA: Steve Knightley | 7.45pm | Village Hall, Doug 814114 |
| 8 Mar | Sun | Benefice service | 10.00am | St Thomas a Becket |
| 13 Mar | Fri | Upwood School: 'Wear Something | | |
| | | Funny Day' | | |
| 15 Mar | Sun | Morning Prayer | 9.30am | St Peter's Church |
| 16 Mar | Mon | Ramsey Gardening Club: How to | 7.30pm | Ramsey Community Centre |
| | | make the most of a small garden | | |
| 18 Mar | Wed | History Group AGM & David Cozens | 7.45 pm | Village Hall, Ian 710702 |
| 22 Mar | Sun | Family Communion with Lighthouse | 9.30am | St Peter's Church |
| 29 Mar | Sun | Holy Communion | 9.30am | St Peter's Church |
| | | FUTURE EVENTS | 5 | |
| 6 Apr | Mon | Food Fair | 11am – | Ramsey Rural Museum |
| | | | 3pm | |
| 15 Apr | Wed | WEA Summer Course Starts: Reading | 8pm | Village Hall, Liz 813008 |
| | | 19 th Century Britain | | |
| 25 Apr | Sat | Soup, Sizzle & Song in aid of Save the | 7.30pm | Village Hall, Lynn 812826 |
| | | Children | | |
| 30 Apr | Thur | Village Hall AGM | 7.30pm | Village Hall |
| 14 May | Thur | Newsletter AGM | 7.30pm | Village Hall, Doug 814114 |
| 4 Jul | Sat | Upwood & the Raveleys Fete | | |

Deadline for the April/May issue is the 15th March 2015

PARISH COUNCIL

The Parish Council was pleased to welcome parishioners to the PC Meetings in December 2014 and January 2015 and wish everyone a very happy New Year.

COMMUNITY ACTION DAY: The Council had hoped to hold this in early December but unfortunately because of lack of volunteers decided to cancel. It is our hope to hold this day in early spring and we would like to urge those willing to take part to contact the Clerk so that a day convenient to more people can be arranged.

HACT: A representative of this excellent organisation came and spoke at the January Meeting. HACT is a registered charity working in association with Cambridgeshire County Council. Transport is available for people who cannot access local bus routes due to age and disability and **also for people who live in rural locations with limited or no access to local bus routes. To access this transport you must become a member of HACT and pay an annual subscription of £15**. Door to door transport is provided which is free of charge with a Cambridgeshire County Council bus pass. It offers a pre-bookable service (**Ring & Ride**) to members. On Mondays the bus serving our area goes to St Ives, Tuesdays to Peterborough, Wednesdays to Huntingdon and Thursdays to St Neot's. There are also monthly Ring & Ride specials to Barr Hill, Cambridge, Ely and Stamford. Special Day Trips are also arranged throughout the year for which a modest charge is made (£10 - £25 depending on distance).

For more information: www.hact-cambs.co.uk or 01480 411114.

A leaflet will also be displayed in the Telephone Kiosk.

NEW ALLOTMENT GATE: This gate has now been installed at the Huntingdon Road entrance to the allotments.

NEXT MEETINGS: Monday, 2 February and Monday, 2 March 2015 at 7.00pm in the Village Hall. All are welcome.

UPWOOD'S CORONATION MEADOW



Bentley Meadow, part of Upwood Meadows Nature Reserve has been designated as a 'Coronation Meadow' together with 3 other meadows – Chettisham Meadow in Cambs, Boddington Meadow in Northants

and Fancott Meadows in Beds, all owned by the WildlifeTrust.

The four meadows are rich in wild flowers and seed has been harvested from them to be used in a countrywide scheme to create new, flower rich grassland elsewhere in our three counties. At the suggestion of Prince Charles, such meadows have been given the accolade of 'Coronation Meadow' to celebrate the 60th anniversary, last year, of the Queen's coronation. The roundel that signifies that Bentley Meadow is part of the 'Coronation Meadow' scheme is now in place at the entrance to the meadow. *Sheila Wells*

UPWOOD & THE RAVELEYS FETE

The date of the fete will be 4 July 2015.

The date for the fete committee meeting has had to be changed. The new meeting will now be on Monday 16 February at 7pm.

UPWOOD UKULELES

We would like to thank everyone who came along to our Christmas 'Singalong' and donated so generously to Magpas, our nominated charity. We raised £103.65. Thanks also to the Cross Keys for hosting. The audience thought the event was great and enjoyed such a fun start to Christmas.

We had an eventful end to 2014 culminating with an appearance on the Radio Cambridgeshire



Breakfast Show the day after our Christmas Singalong at the Cross Keys.

Unfortunately we do not have any room for any new recruits at the moment as we continue to meet in members' houses on Thursday evenings and space is consequently limited. However, if you have just bought a ukulele and want some help in getting started, please do not hesitate to contact us and we will do what we can to get you strumming. Contact Doug McLeod: **pndmcleod@btinternet.com**

UPWOOD VILLAGE HALL PERFORMING ARTS EVENTS



The New Rope String Band Thursday 19 February – 7.45pm Tickets: £12.00

Once seen, never forgotten!! The NRSB provide an indefinable confusion of superb musicianship and side-splitting comic genius. Look forward to an uproarious evening which involves elements of circus, clowning, vaudeville, slapstick and sheer inspired silliness, spliced with beautiful acoustic music from various world traditions.

Suitable for an audience of all ages.

Tickets: 01487 814114 / pndmcleod@btinternet.com

Steve Knightley - Saturday 7 March - SORRY, SOLD OUT!

The Mischa Macpherson Trio - Thursday 11 June - £12.50 - on sale now

UPWOOD ST PETER'S CHURCH

St Peter's News

A New Year and a change of time for the first service at St Peter's in 2015 because the service was a United Benefice Service which is always at 10.00am.

With the Rector away on study leave and Gita in Rome we were lucky to have Bishop John Flack come and celebrate Holy Communion. Bishop John was Bishop of Huntingdon between 1997 and 2003 before taking the post of Director of the Anglican Centre in Rome and the Archbishop's representative to the Holy See. He retired 2 years ago and is now an Honorary Assistant Bishop in the Dioceses of Peterborough and Ely.

He spoke about how important the seasons of the church are in our journey with Christ for his sermon. I know that when we lived in Singapore how I missed nature's seasons and although we may moan about the weather how can we really appreciate a barmy summer day if we have not sat shivering in the snow and ice or soaked on a wet and windy day?

The season of Epiphany is the start of our journey to know more about our Lord, who was born for us in a stable and died for us on the cross to forgive our sins.

Just a little foot note: in 1998 Bishop John confirmed my Aunt at Manor House Nursing Home and he believes she is the oldest person he has confirmed. She was 94 at the time and lived to be 101. *Jean Place*

PANCAKE COFFEE MORNING

TUESDAY 17 FEBRUARY. 10.00 – 12.00 VILLAGE HALL



Pancake Day is a favourite. This year it falls during half-term so with children in mind there will be games, lucky dip and more.... Not to mention a variety of pancake fillings, a cake stall, irresistible items on the 'Bring & Buy', a raffle and of course a chance to meet and chat.

Anne-Marie: 812195 **anne-marie.upwood@virgin.net** Cost: Adults £2, under 5s free and under 11s £1. All profits for St Peter's Church.

A HOBBY EXHIBITION IN SPRING

This is a new event designed to showcase the numerous talents and hobbies of members of the parish. It doesn't matter what the hobby is as long as it fits on a 6ft table. The display can be from young or old, beginner or expert and from individual or group and display anything from knitting to 'Meccano', from hanging baskets to music, from one item to a collection. It should be a really good day. Free to enter but register interest with Anne-Marie: 812195 **anne-marie.upwood@virgin.net**

CROSS KEYS www.thecrosskeysupwood.co.uk

The above web link takes you to the new Cross Keys website. It's worth a look. You can see the menus and details of forthcoming events plus a short history of the pub. The Valentine's Day menu isn't up on the site yet but no doubt it will be soon; it looks good. This newsletter is not large enough to cover the whole menu offered so take a look at the website.

Valentine's Day: 14 February - 3 course meal for £21.95.

Mother's Day: 15 March - 2 courses for £14.95 or 3 courses for £17.95. Every table booked will get a free box of chocolates.

LETTERS TO THE EDITOR

As always letters to the editor reflect the views of the individuals and not necessarily those of the editors

New Year's Eve at the Cross Keys, Upwood - a thank you

After our local pub was closed for over a year, I think I can safely speak for everyone that spent New Year's Eve at the Cross keys in Upwood what a great night Hayley, Graham and their staff hosted. The entertainment by 'Elvis', coupled with a disco and buffet supper made a great evening and a fantastic end to 2014, with 'Elvis' leaving the building around 1am. Many thanks to Hayley and Graham and all their staff.

Thank you also to Hayley and Graham for providing people in the village who would normally have been on their own on Christmas Day with a Christmas dinner. What a thoughtful thing to do. Issy and Ian

What do you think?

Having been to a few funerals of late and hearing the dedications, it made me think what interesting lives some people have led. Why wait until they are gone to hear about them? Why not run a series of articles about the older members of our village? As an example of this, my grandson had a school project which required him to interview people about their careers. He went next door to my neighbour and produced a really interesting story which was news to me. Just an idea! Regards David Williams

Editor's reply: The newsletter regularly includes interviews with individuals and spotlights on groups. We are open to suggestions of names for people or groups but there are only 6 newsletters a year so it may take a long time for them to appear.

MEET & MUNCH

Happy New Year from Meet & Munch

It was wonderful to see how many members of Meet & Munch were able to attend the meetings over the past few months and were appreciative of the tasty lunches the volunteers had prepared.

The volunteers meet in March to set up a new schedule for afternoon teas and details and dates will be sent out to members.

We are a very friendly group so if you are over 55 and would like to join, please do not hesitate to contact Jan Howe 814393 for more information.

TABLE TENNIS CLUB



Early December saw the club's inaugural Handicap Doubles Tournament where 14 pairs competed for the 2014 trophy. Mike Quincy & Dennis Halstead won an exciting 5 set final and both they and the runners up received medallions to keep.

The Tuesday and Wednesday clubs both celebrated Christmas with parties where play finished early followed by scrumptious food provided by the members.

2015 will contain the normal mix of table tennis and social gatherings with a few surprises as always.

The club overall currently has 46 members (32 Tuesday & 14 Wednesday). Anyone interested in playing Table Tennis should contact David Williams 812923

UPWOOD CRICKET CLUB



The club will be having their annual quiz night on Saturday 28th February from 7 PM at Bury Village Hall with quiz master Pat Tuffin. There will be no bar but please bring your own drinks and nibbles. It is a maximum of 6 in a team and entrance fee is £10 per team – non cricket club members are very welcome. There will be prizes, a raffle and the "Heads or Tails" game at half time.

If interested could you let Neil know on 812924, npe.tuffin@gmail.com

This year as well as summer training we plan to have some late winter sessions for the juniors starting around the beginning of March. Days and times are to be decided but all juniors are welcome. Please call/email Neil for more details or check the UCC website **www.upwood.play-cricket.com**

SPOTLIGHT ON THE NEWSLETTER LOGO

When the editorial team changed in the summer of 2012 it was decided to give the Upwood & the Raveleys newsletter a 'make-over', including a new look to the front page. This saw the birth of the newsletter as it is today and the editors thought that now was the right time to explain the rationale behind the logo so we went to speak to its designer and creator Esther Rowley.



Esther has been an active member of the community since she moved to Upwood from London 34 years ago. She completed her art foundation degree at Hornsey College and then moved to Harrow School of Art where she studied Graphic Design. On completion of her degree Esther went into book illustration, working in London studios, mainly for a children's book publisher. She also worked as a freelance graphic designer and continued to do this work when she moved to Upwood. Esther's artistic contribution to the parish has included designing and creating the posters and programmes for the pantomime and fete, and helping the Village Hall's fund raising efforts by designing

tea towels and notelets. She has also helped Upwood Primary School in various projects including encouraging creative play by painting unique playground markings. Her current venture is maintaining the Book Exchange in the High Street and raising its profile with a Facebook page. (See the front page for details)

Esther described the reasoning behind her final choice of the component parts of the logo, which she stresses was in collaboration with the editorial team:



The Tree: there are various reasons why this was chosen as one of the main constituents of the logo. During medieval times Earl Ailwine, the founder of Ramsey Abbey, had his home and hunting lodge in the vicinity whilst in more recent times the parish has become the last wooded area before the open Fenland. The tree also echoes the nature reserves of Raveley Wood, Lady's Wood and Upwood Meadows – all of which are located in the parish.



The Plane: this reflects the history of the involvement between RAF Upwood and the villages. It also pays homage to the fact that many of the airmen were actually billeted in the parish. Farm Close and Fairmead Park were originally houses designated for RAF personnel and Upwood School catered for RAF children as well as the local children.



The Church: this is the oldest historic building in the parish and as such had to be part of the logo. The current stone building was begun in c1100 and has been a constant ever since – how could I ignore it? It still represents the Christian heritage of the parish and continues to play an active role in village life, being a focal point for regular worship as well as family events such as weddings, christenings and funerals plus the annual Carol Service and

Christmas Tree Festival.



The Crossed Keys: these represent St. Peter to whom the church is dedicated. They also appear on the Upwood Primary School badge and the Upwood village sign. As the last remaining pub in the parish I felt that it was important to have some reference to the many public houses that, in the past, abounded in the villages.



The Tractor: this reflects the rural and agricultural nature of the whole of the parish, which continues to be vital to its on-going life and posterity. Some of the produce sold in Edwards' farm shop is still grown locally and the recent development of the allotments and the instigation of a community orchard also echo how important the cultivation of the parish is to the well-being of its residents.

The main criterion, when I initially discussed the creation and development of the logo, was that it should be inclusive. The editorial team were insistent that all the individual parts of the parish were to be included. They wanted me, in close discussion with them, to design a logo specifically for the newsletter, a logo that wasn't too formal but depicted parish life. Hopefully readers will agree with the editorial team that the logo does answer the brief.

UPWOOD AND THE RAVELEYS HISTORY GROUP

The History Group is a friendly group that meets in the Upwood Village Hall on the third Wednesday of alternate months. We also organise visits to sites of interest either locally or more distantly. There was more about the Group in the interview with the chairman in the last newsletter. The cost for a membership of the History Group is £10 but visitors are welcome to individual meetings at a cost of £3. Why not come along and try one of our meetings? For further information please contact lan Gaunt 710702, ian.gaunt@care4free.net

On **18 March** the talk will be by David Cozens, a locally based historian. He will talk on Arthur Maddison an early photographer.

UPWOOD PRIMARY SCHOOL NEWS



Pantomime

We are all looking forward to a visit from M and M productions again this year. When they visit us during February they will perform 'Beauty and the Beast.' The PTA fund this great activity and each and every member of the school community is offered the opportunity to watch this

live theatrical performance which includes lots of singing, dancing and audience participation.

Comic Relief

Upwood Primary School is supporting the work of Comic Relief as one of its chosen charities this academic year. We will be holding a 'Wear Something Funny for Money' day on 13 March. For a voluntary donation to Comic Relief every member of the school community will be asked to come to school in clothing that will make others smile. Last year some extraordinary outfits were worn, including a wide variety of onesies!

Bikeability

In March some of our older pupils will participate in 'Bikeability', a safer cycling scheme. You may soon see our Year 5 and 6 children cycling around the village putting in a bit of practice in!

SAVE THE CHILDREN'S - SOUP, SIZZLE AND SONG EVENING – 25 APRIL

Save The Children, Ramsey Branch, is organising a 'Soup, Sizzle and Song evening with opera singer Martin Muir and guest or guests on Saturday 25 April in the Village Hall. If you would like to come to an evening of supper and singing and support Save the Children please contact Lynn Perkins, 812826. Tickets cost £10 each. Do come along!

GREAT FEN LOCAL GROUP

Mid-week walk: Woodwalton Fen. 10am, Wed 18 February, meet at Jackson's Bridge, Chapel Rd, Ramsey Heights PE26 4LG for a 4.5-mile walk. £2.50. Contact 07983 850886, adriankempster001@gmail.com

RAMSEY AND DISTRICT GARDEN CLUB



The Club meets in the Ramsey Community Centre at 7.30 on the third Monday of most months with a variety of talks and demonstrations. It is a friendly group that is aimed at everyone who is interested in gardens or plants. In addition visits are arranged to gardens such as the Royal Horticultural Society gardens. The Club is not just for experienced gardeners; anyone with an interest is welcome to come and learn and talk

about matters plants and garden.

We had no meeting in December but the first meeting of 2015 was a talk on bird seed and feeding birds by David Coop. The February meeting will be on 16 Feb. when we shall learn about new, different and unusual plants across the world from Michal Perry. The talk on 16 March will be 'How to make the most of a small garden' by Margaret Nimmo-Smith. This range of talks illustrates the diversity of the programme.

Annual membership of the Club costs £10 but visitors are welcome to individual meetings at £2. For further information please contact Ian Gaunt 710702, ian.gaunt@care4free.net

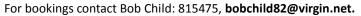
RAMSEY RURAL MUSEUM

Your local museum in Wood Lane Ramsey will be opening for the 2015 season at Easter. The opening event will be a Food Fair on Monday 6 April from 11.00am to 3.00pm.

Throughout the season, until the end of October, the museum will be open on Thursdays from 10.00 am to 5.00 pm and on Saturdays, Sundays and bank holidays from 2.00 to 5.00 pm.

UPWOOD VILLAGE HALL MANAGEMENT COMMITTEE

The old, steeled-framed, heavy banqueting chairs have now been replaced with new lightweight aluminium framed chairs along with a number of chairs with arms which should provide extra comfort for meetings etc.





UPWOOD & RAVELEYS COMMUNITY ALLOTMENT ASSOCIATION

New Year Resolution to exercise more and eat better starting to waver? How about an allotment plot - we have some special starter plots available and what

better way to improve your health than to grow your own vegetables and soft fruit combined with regular outdoor exercise! Ideal for the beginner or the seasoned gardener, we have mini plots for those who just want a little extra space for the beans and spuds or full-size plots for the more ambitious. For more details, contact:

Ali Miles, amiles@gotadsl.co.uk or Liz Carter 813008, liz@backtracks.biz

The new barrier gate for the allotments on the Huntingdon Road is now in place and really improves the look of the allotment site – our thanks to both the Community Chest Fund and the Parish Council for joint funding on this project. It will provide additional security for the allotments and hayfield site at Upwood.

We will be starting the hedge replanting exercise over the next 4-6 weeks, filling the gaps in the existing hedge with native species of blackthorn, hawthorn, rowan, birch and hazel. If you are interested in lending a hand with this relatively simple task there is a need for 'diggers, holders and peggers' – just let Ali or Liz know (contact details above) – no previous experience required!

> return visit by Michael Baldry with his popular course looking at how the advent of photography in the 19th century affected artists and their work. Cost £16.00. Start

5th March 2015 – Climate Change – Past, Present & Future with Dr Wendy Hartnell : a

very topical issue so make sure you book your seat well in advance for this popular study day looking at how climate change has been recorded,

Start 10 am finish 4 pm; bring a packed lunch, tea/coffee/cake provided.

10 am, finish 4 pm; bring a packed lunch, tea/coffee/cake provided.

Lively discussions guaranteed! Cost £16.00.

WEA UPWOOD BRANCH – SPRING TERM STUDY DAYS

ADVANCE NOTICE – SUMMER TERM – EVENING CLASS

* PLACES STILL AVAILABLE ON THESE 2 COURSES*

'Reading 19th Century Britain' with Fiona Lucraft – Wednesday evenings 8–9.45 pm starting 15^{th} April 2015 – 10 weeks £48. This is a return of this popular tutor for an exciting course on literature and social history of the 19th-century. To reserve a place contact Liz Carter: 813008, liz@backtracks.biz



evaluated and projected.







HOME TO HOME

Home to Home is a women's group which meets on the last Monday of the month in the Village Hall at 8.00 pm. The emphasis of the group is to have fun and be of interest to women of all ages. Anyone is welcome to come along as a visitor to enjoy an evening of talks, demonstrations or activities and can become a member at any time.

We had a very good night in December at our Christmas party featuring the popular St Bart's Readers. We were entertained by sketches and songs and some old Christmas favourites reworked to a contemporary theme, all while we enjoyed party food and wine.

Our meeting on 26 January was our AGM followed by the Upwood Ukulele group who provided us with songs and entertainment, ending our evening on a definite high!

Our meeting on 23 February will be a talk and demonstration by Maggie who has a shop in Ramsey (near the library) and renovates and adapts old furniture and bric-a-brac to make stunning new items.

If you are interested in joining and would like to see what goes on, simply turn up as a guest at one of our meetings, you will be very welcome.

For more information, please telephone Jackie on 711329.

CAMBRIDGESHIRE COUNTY COUNCIL

Protect yourself and your neighbours against telephone scams.

An increase in the reporting of Telephone Scams has been seen over the last month. In particular calls where the caller impersonates either a Police officer, or a Fraud Officer or a bank employee and then either tries to get bank account details or suggests they will send someone round to collect bank cards and valuable items to 'keep them safe'. **Please be wary of telephone calls warning you of fraudulent activity on your bank account.** Genuine banks, businesses or organisations will **<u>never</u>** telephone you and ask you to give out personal or financial details.

BUS TIMETABLE CHANGES

Bus no. 30: Ramsey – Huntingdon Mon - Sat Journeys between Ramsey and Huntingdon now operate 5 minutes later

PARISH FESTIVE EVENTS







Some of the wonderful trees from the Christmas Tree Festival at St Peter's Church (I to r) Small To Tall's Tree of Hope, Paul Rowley's Angel, the Quilt Group's tree.



Upwood Handbells played during the Christmas Tree Festival on 13 Dec



St Agnes Fountain entertained a packed house at UVH on 16 Dec



Jack Holloway & Chris Richter of the UpU's at the Cross Keys



Upwood Ukulele's Christmas Singalong at the Cross Keys PH on 18 Dec

FROM CAMBRIDGESHIRE AND PETERBOROUGH CLINICAL COMMISSIONING GROUP

The following has been taken from an NHS advert sent to the Newsletter. It is not possible to reproduce their colour version and layout but if you follow the web link you will find lots of information.

Unwell? Choose Well

Your pharmacist, GP or NHS 111 can help you get treatment quickly.

A&E is for life threatening emergencies only

Help your NHS save lives

www.choosewellcambs.nhs.uk



headaches, sore throats and stomach aches - **SELF CARE**



coughs and colds -SEE YOUR PHARMACIST



for illnesses that won't go away -SEE YOUR GP



unsure where to go or need advice? -CALL 111

CAMBRIDGESHIRE COUNTY COUNCIL ADULT SUPPORT DROP-INS

Do you need information and advice? Are you?

- Living with a long term illness or disability?
- Providing unpaid support to adult family members or friends who could not manage without your help?
- Struggling with an age related condition?

If you answer 'yes' to any of the above then why not come along to one of our 'Adult Support Joint Drop-Ins' at:

Ramsey Library Ground Floor Meeting Room, 25 Great Whyte, Ramsey, PE26 1HA

Fourth Tuesday of the month during 2015, 10am to 12noon

Refreshments available

WHO'S WHO IN THE VILLAGES

| Organisation | Contact | Telephone |
|-----------------------------------------------|---------------------|----------------------------|
| Art Group | Frances Ashfield | 711411 |
| Book Lovers Group | Liz Carter | 813008 |
| Brownies | Louise Jackson | 079211 97850 |
| Community Bus Co-ordinator | Dave Blandford | 711330 |
| County Councillor | Michael Tew | tew180@gmail.com |
| Cricket Club | Neil Tuffin | 812924, |
| o // 011 | | npe.tuffin@gmail.com |
| Cross Keys PH | Hayley Huskinson | 813384 |
| Cross Keys Golf Society | Dave Murray | 815071 |
| District Councillor (Chair of Parish Council) | Robin Howe | 814393 |
| History Group | lan Gaunt | 710702 |
| Home to Home | Jackie Johnston | 711329 |
| Meet and Munch | Jan Howe | 814393 |
| Parish Clerk | Carol Bilverstone | 812447 |
| Ramsey Bridge Club | Paddy Slater | 812006 |
| Ramsey Camera Club | Trevor Brown | 711541 |
| Ramsey Choral Society | June Green | 813562 |
| Ramsey & District Garden Club | lan Gaunt | 710702 |
| Ramsey Rural Museum | Terry Haslin | 815609 |
| Ramsey Tennis Club | Jason Tuxworth | 07855 887017 |
| Small to Tall (Upwood School Clubs) | Angie Dean | 802086 |
| Speed Watch | Keith Sisman | 710552 |
| St Peter's Church Matters | Jean Place | 813742 |
| St Peter's Handbells | Ann-Marie Cracknell | 812195 |
| Table Tennis Club | David Williams | 812923 |
| U3A | Enid Hubbard | tandehubbard@tiscali.co.uk |
| Upwood Business Association | Frances Ashfield | 711411 |
| Upwood Community Orchard | Liz Carter | 813008 |
| Upwood Quilters | Margaret Jones | 814031 |
| Upwood & Raveley Community Allotments | Liz Carter | 813008 |
| Upwood and Raveley Community Archive | Judith Harvey | 710219 |
| Upwood School PTA | Jody Howell | 812843 |
| UVH Performing Arts Events Shows | Doug McLeod | 814114 |
| Upwood Ukuleles | Doug McLeod | 814114 |
| Village Hall Hire | Bob Child | 815475 |
| Village Fete Committee | Vicky McCaig | 07824 900821 |
| W.E.A | Liz Carter | 813008 |

The editors are diligent but regret that they cannot accept responsibility for any inaccuracies or omissions Any individual views expressed do not necessarily represent the views of the editorial team

Editorial Team: Paul Charman 814707 Judith Harvey 710219 Pauline McLeod 814114

e-mail address: upwoodnl@hotmail.co.uk

Deadline for the April issue is 15 March 2015

The Newsletter can also be viewed and downloaded online: www.upwood.org