

# Village Voices

June 2020

Covering the areas of Gorefield, Murrow, Parson Drove, Rings End, Thorney Toll, & Wisbech St Mary'



## Parish Register

We say farewell to our friends and send love to all the families:-

**June Talbot** whose Funeral Service was held at Denver on Friday 17<sup>th</sup> April 2020

**Edna Howard** whose Burial was held at Wisbech St. Mary Cemetery on Thursday 23<sup>rd</sup> April 2020.

**Faith Rose White** whose Funeral Service was held at Fenland Crematorium on Wednesday 29<sup>th</sup> April 2020.

**Caroline Dobson** who died on Saturday 2<sup>nd</sup> May 2020 at 5.30am, in Hickathrift House.



We offer prayers for all who have died at this time, and for their families and friends. We pray especially for those who have had to face the Coronavirus and it's affects. As we move forward, may we all stay safe and vigilant and always care for those around us.

Amen.



## A note from the editor.

We are approaching the early summer, after a spring season that will be remembered for life changes to so many.

The Government and the country are now dealing with the challenges of starting the route out of lockdown. Similarly, Village Voices is looking forward to when it has items, events and meetings to bring back on our What's On page. When the time and the advice is right, we are also keen to get back into our monthly paper copy format, delivering throughout our communities with the support of the small army of delivering volunteers which Village Voices has relied on for many years now.

At the time of writing this, we cannot hope to guess when that may be, next month, three months, who knows! Meanwhile, stay safe and well.

Richard



## Ryk's Ramblings

The end of May and the beginning of June is normally a busy time in the church with Ascension Day (21 May), Pentecost (31 May) and Trinity Sunday (7 June). All are feast days and celebrated with a service of Holy Communion. Pentecost, especially, is a time for celebration as we commemorate the coming of the Holy Spirit. This year it will be very different, since no services are allowed in church. We will have to celebrate in our own homes. As I do on every Sunday at 10 AM, I will celebrate Holy Communion on behalf of everybody in our parishes, but it won't be the same.

What can we bring from Pentecost into our lives at the moment? The disciples had suffered a major setback, their lives had been turned upside down. Jesus Christ had been torn from them and crucified on the cross. Their hopes and dreams as followers of Jesus seemed to have been shattered. Yet in the 40 days after the crucifixion Christ had risen and spent time with his followers. He then ascended to be with his father, God, on Ascension Day, the 40<sup>th</sup> day. But he did not leave them bereft again for at Pentecost the Holy Spirit (the third part of the Trinity) came and filled his followers. The Holy Spirit came as a Comforter, a helper, replacing despair with hope. The hope was for a better future where people looked after each other, taking care of each other's needs, following in the footsteps of Christ.

The parallels with today's situation are plain to see. Our world has been turned upside down. Many fear the loss of their hopes and dreams. Many are anxious, even despairing, about the future - employment, finances, prospects, the future in general. With the help of the Holy Spirit we can have hope for the future, comfort in the present. Indications are that both infections and deaths are reducing. Lockdown is being eased and we are returning to new normality (though slowly and with caution). We have been wounded but we will recover. The hope we hold is for a better future where people look after each other, taking care of each other's needs. The hope is that the spirit of generosity and caring (following Jesus' precepts) will remain. The hope is that the valuing of people for who they are, and what they do for society will remain. With the help of the Holy Spirit it can be done.

God be with you, keeping you and those you love safe,

*Ryk*



We have provided the young people with activities to complete via our website.

The Scouts are route planning using YouTube videos from the Scout Leader for guidance, Cubs have continued with knots practice, shelter building and more from their gardens whilst Beavers have been challenged to make a ladybird sanctuary.

It hasn't all been work and no play – there are competitions, i-spy and craft activities for all sections. The leaders, meanwhile, have been challenging each other with weekly quizzes!

Visit [www.15thwisbechscouts.org](http://www.15thwisbechscouts.org) for more information about Beavers, Cubs and Scouts. #skillsforlife



### NEWS FROM GOREFIELD SCHOOL

Teaching staff have been very busy, continuing to provide a varied and fun curriculum via the online classroom and working in school with key worker children.

Our key worker children created artwork inspired by the artist Paul Klee. We looked at complimentary colours on the colour wheel and selected a pair of colours to create tones and shades using paint – the display on the gate looks amazing! Parents worked with their children at home to make delicious cakes as part of Mental Health Awareness week – well done to the bakers.

We look forward to when we can welcome all the children back to school.

### AFTER 40 YEARS LOCAL POST-MAN RETIRES



The postman known as Max served Wisbech St. Mary for 40 years, retired on Friday 15<sup>th</sup> May.

The community expressed their appreciation of his service, in these colourful ways.

Good wishes go to him in his retirement and thanks for his service especially the last few months during the lockdown.

### Guyhirn Primary School



Our school has remained open for key worker children throughout these challenging times. On 1<sup>st</sup> June we will hopefully, if permitted, start the wider opening of our school, to specific year groups and following Government guidance, as and when we move further forward. These are difficult times for us all as we find ourselves in a challenging and unusual situation. Throughout this time, we have been working extremely hard to ensure we can offer home learning and support for families, whilst staff all have their own individual challenges in these times.



On our return to school there will be restrictions in place, with different start and finish times, smaller class sizes, staggered lunch and break times etc.

As a school we will not be allowing visitors into the school. If you have any questions or would like to speak to a teacher or the office, please can we ask that you ring the school 01945 450247 or email the office, (office@guyhirn.cambs.sch.uk) teachers or myself.

We have missed all of the children and can't wait for some kind of normality, whatever that may be. We continue to plan for the future and we know that things will continue to be challenging for a while yet. We are a strong and supportive school community and we will continue to be there for each other. We hope to see you all soon and hope that you continue to take care of each member of your family and community. Stay Safe .





## Entries from John Peck's June 1822 Diary

We have jumped from John's late twenties to his mid-thirties. Will these years bring a different outcome for John or will the results be the same? Then again, on a more personal note, what will be happening to John's family and friends? Finally, what will keep John entertained this year, what sights will he see and what books/periodicals will he read? *Note how in the first few days of the month, John, remarks on the extreme temperatures. Then, on the 9<sup>th</sup>, 10<sup>th</sup> and 23<sup>rd</sup> he sees a complete change in the weather even on the 21<sup>st</sup> a frost.* PCH.



June 1. Began to cross-plough the 11a. at Harrold (3<sup>rd</sup> time), 2 ploughs and a harrow follows. At Wisbech markets worse for all sorts of grain. Sold Mr. Pate 34c. White wheat at 36/6 per qr. Some beef selling at 3/3 per stone and fat pork at 2/6. Distress and misery is fast approaching. Finished wheat weeding at P.D.

June 2. Dined at Mr. Ulyat's; tea and home by 8. This week has been remarkable hot and dry for the season; clay lands much in want of rain, keeping going off.

June 3. Ploughing 11a. Harrold. Rode to Tydd Fen; weeding the wheat there. Round P.D. Fen in the afternoon; the beans, oats &c. looking thin for the want of rain. Saw much wheat in ear, a proof of the forward season.

June 4. (MARGIN NOTE; Saw new hay in the stack near Wisbech.) Rode to Wisbech to attend a private meeting at the Sessions House to concoct measures for opposing the intended alterations in the drainage of the country. Committees appointed for the different districts in the Hundred of Wisbech to go round to the different landowners, and obtain their dissent from a Bill intended to be brought into Parliament for the alteration of the River Nene.

June 5. Down Tydd Fen; put 109 ewes with 166 lambs in 12 acre grass bought of B. Ream for £2, to eat off before he burns the same. Mrs. P. & the boys to Mr. Culy's. Very hot day, unusually so, therm. 80 degrees in the shade.

June 6. Dined at Mr. Culy's. To Tydd Fen in the afternoon; dressing up the last barley. Tax books made out in the evening. Mrs. P. & boys home. Not so hot as yesterday.

June 7. To Mr. Culy's. M.A.P. very ill there, the excessive hot week the cause. (MARY ANN PECK, JOHN'S YOUNGEST SISTER). On to Wisbech, delivering in the tax papers. Dined at Mr. Stephen Stanton's, Leverington; home & round P.D. obtaining dissents to any Bill that may be brought into Parliament for altering the drainage of the country.

June 8. Round by Leverington to Wisbech. Sold Mr. Pate 3c. wheat at 14/- and 5c. at 12/-, tails. Finished machining the last wheat stack at P.D., yield 55c.3b. Very hot and dry, a sun without cloud and elements without wind.

June 9. To Mr. Culy's in the morning; Mary Ann better. Rode to the Brink and dined with Joseph. Some thunder, lightning, and small rain in the evening. This week has been remarkable hot for this early in the summer; the thermometer in a northern aspect in the shade was on Tuesday as high as 76 degrees, on Wednesday at 80, and on Thursday at 78. Wheat generally in ear, for fields together.

June 10. Round P.D. Fen. Wheat in ear; coleseed gone all out

of flower and beginning to turn brown. Great want of mow-men - wages rising in consequence. Afternoon round Tydd Fen; ploughing over 10a. 3<sup>rd</sup> time. Evening thunder, lightning and rain.

June 11. Round Leverington with Mr. Johnson getting signatures to the opposition paper concerning the River Nene. Mr. Samuel and Mr. Nicholas Taylor both made an assignment.

June 12. To Wisbech; bought 120 yards of harding for coleseed cloths at 7½d. & 9d. threefarthings per yard. Weeding oats at Harrold, as high as the ankles and coming into shag. Oats and beans rising in London, in consequence of the very dry and hot weather; wheat falling by same reason.

June 13. To Tydd Fen; ploughing the Home ground over the 3<sup>rd</sup> time. In Parson Drove Fen moulding up beans; short and thin.

June 14. (MARGIN NOTE; Mow 15<sup>th</sup>.) Rode to Peterborough to see Mr. Underwood, to pay him some rent and get an abatement according to these sad times, when alas £5 out of £75 for 28 acres of land was all he thought well to return. Hay stacking quite general.

June 15. (MARGIN NOTE; Ploughing potatoes.) Paid Taylor the blacksmith a bill. This man feels a little sore by my employing the new blacksmith to make a set of waggon nails at threefarthings each, after he had refused to make them at less than 1½d. In P.D. Fen ploughing potatoes the first time; began to mow at P.D., 3/- per acre. At Wisbech the market for wheat very low; good beef at 4/- per stone & mutton 3d. per lb.

June 16. Mrs. Peck drove donkey cart with the children to Mr. Ulyat's; dinner. This week, great call for mowmen. Peas selling for 6d. per peck, ripe cherries at 6d. per lb; a profusion of strawberries and summer fruits in perfection.

June 17. (MARGIN NOTE; Cole reap at P.D.) Hot and dry; oats in shag before they are a foot high. Round P.D. Fen; finished ploughing the potatoes over the 1<sup>st</sup> time. To Tydd Fen; dinner at Mr. Culy's. Samuel Taylor's sale - poor fellow. Mr. Gott of PD begun to reap coleseed, a self-sown crop, shook from the seed of last year. Yield 5c.2b. per acre.

June 18. Thick dense fog, objects not discernable at 20 yards. Turning hay in the morning; dressing wheat at P.D. In Tydd Fen began to mow 7a. clover and finished weeding the oats there.

June 19. Up at 4 o'clock & washed before breakfast 11 score & 2 sheep. Finished dressing wheat and haymaking in 7a. To Tydd Fen, mowing 7a. seeds there. Tea at Miss Ream's, Newton; saw poor Miles Abbott buried - how unstable are all things of this world. Last Friday he was alive and well, and this day (WEDNESDAY) closed in the grave.

June 20. Began to waggon hay from 7a. Diglin's Drove, 15 load up with 3 waggons. Drove Mrs. P. to Mrs. Oldham's & tea at Mrs. Culy's. Dry and searing weather.

June 21. 5 load of hay from the 7a., total 20 loads. Making hay in the 7a. Tydd Fen at 1/6 per acre without turning; began to waggon the same up, 5 loads. Frost in the morning; thermometer in the shade 40 degrees, 3 in the afternoon 64. Dry and no appearance of rain.

June 22. (MARGIN NOTE; Began to reap coleseed.) Still continues hot and dry. Waggoning hay directly after the mowers - even before it's cut the nature is dried out. Up from the 7a. Tydd Fen 9 loads with 3 waggons. Began to reap the 8a. coleseed in Tydd Fen at 6/- per acre. Rode to Wisbech. Sold Mr. Morton 20c. of very good wheat at 18/- per coomb. Paid Mrs. Taylor £5 interest.

June 23. A tempest of thunder, lightning, with rain. 2 beast in St. Edmunds killed, hay set on fire, &c. In the afternoon,



Henry Peck christened; Mr. Ulyat, myself & Mrs. Peck stood. All Mr. Ulyat's family to spend the day at our house.

June 24. Turning hay in 12a. P.D. Fen and began to make the same at 1/6 per acre. P.D. Fair. All my brothers and sisters to dine & spend the day; in the evening Mr. F. Beales came from Cambridge.



Monetary conversions (1822/2018) = £10/895.00 £1/£89.00 10s/£44.75  
5s/£22.38 1s/£4.48 6d/£3.24  
1d/£0.36

Please Note:

The Wisbech & Fenland Museum own the Copyright to the John Peck diaries. Permission must be obtained in writing before any material is reproduced.

Would like to read and learn more? Why not join the John Peck Society at their proposed AGM, Tuesday 20<sup>th</sup> October when we hope Peter Clayton will give a talk on John Peck and the Drainage. Afterwards as always, you can chat with your friends whilst enjoying the usual refreshments. Please remember, this meeting is dependent on the relaxation of the current movements restrictions.



## Additional funding to support victims of domestic abuse and sexual violence during Covid-19

ACTING Police and Crime Commissioner, Ray Bisby is today (22<sup>nd</sup> May 2020) announcing additional funding worth £288,000 to support victims and survivors of domestic abuse and sexual violence and their families during the COVID-19 pandemic.

The financial support package follows a Government announcement on 2<sup>nd</sup> May providing £76m extra funding; of this, £25m will be administered by the Ministry of Justice and distributed through Police and Crime Commissioners (PCCs) across England and Wales.

In Cambridgeshire, the money is being made available for charities and not-for-profit organisations who are supporting vulnerable people of all ages who have experienced domestic abuse or sexual violence including child criminal exploitation.

The funding can be used to support charities who have incurred additional costs since the March 24 lockdown in particular in transforming the way they deliver services. It is also

available to meet increased demand over the next five months.

Acting Police and Crime Commissioner, Ray Bisby said: "Organisations across the county rose to the challenge in the first few weeks and changed their entire models of service delivery. Face to face work went online and telephone help-lines were re-routed into volunteer's homes to enable them to continue to play their part. Clearly all this has cost implications and was unplanned for. Being able to bid for additional funds to cover these costs and enable them to continue their vital work supporting vulnerable people during this crisis is vital.

"For people experiencing domestic and sexual abuse, staying at home can present serious challenges and need to know there is still comprehensive support available. This funding will ensure existing support services meet the needs of the people who use them.

"The timescales are very tight therefore I encourage organisations to visit my website as soon as possible."

Bids in Cambridgeshire will only be accepted from organisations whose **primary aim** is to support victims of domestic abuse or sexual violence and who are **already providing services** in the county.

The **deadline for applications is 1<sup>st</sup> June 2020**. For more details visit: <https://www.cambridgeshire-pcc.gov.uk/police-crime-plan/victims/covid-19-extraordinary-da-sv-funding/>

### John Bend's United Charities Parson Drove (Charity nos: 201667 & 311353) Education Grants -2020

Each year the Trustees of the above Charity make grants for education to children and young people in the Parish of Parson Drove who have lived in the village for five years or more and in the case of Primary school children, the majority of their lives.

Applications are invited from the parents/careers of children who are starting Primary school in September and for those starting Secondary school in September.

Grants may also be available to young people starting College, University or commencing "A" level courses.

Anyone wishing to apply for a grant for any of the above please apply to the clerk at the address below. Applications must be received by June 30th 2020.

Mrs D Newland (Clerk)  
John Bend's United Charities  
The Lodge, Mouth Lane, Guyhirn, Cambs. PE13 4ES  
(Tel. 01945 450225 / 07870862649)

**Contact and Enquiries: [villagevoices@wisbechstmarychurch.org.uk](mailto:villagevoices@wisbechstmarychurch.org.uk)**





## Care Network Offer Of Responsive Support Services for Covid-19

For those who are self-isolating or social distancing due to being categorised as vulnerable, CNC can support as follows:

- Staff and volunteers can telephone people who are self-isolating or social distancing and would benefit from a regular wellbeing call or just a check and chat call.
- Community Navigators can provide a triage service into the voluntary and community sector – we hold and update details of local voluntary sector and community capacity to help wider system manage capacity and need.
- Staff to provide support with essential shop and drops, the value of contactless payment, for clients who have no other means to access food.
- Staff and volunteers able to drop off medical supplies or prescriptions
- Outreach telephone support to migrant communities (please contact: [olga.n@carenetwork.org.uk](mailto:olga.n@carenetwork.org.uk))
- 7 days cover until social distancing measures are recalled.
  - o Monday – Friday: 9am-5pm, with volunteer wellbeing, check and chat support available between 8am-8pm.
  - o Weekend support: 10am-4pm, with volunteer support as above

**Cambridgeshire and Peterborough** - The process for delivering responsive food shopping or the delivery of medical equipment or supplies is:

1. Client or referrer to call: 01223 714433 with food shopping list, they will need: to confirm why self-isolating or social distancing and that they cannot access food shopping via any other route. How much food they have left and when they would ideally like the food shop to be done. Confirm if they have a contactless bank card that they are happy for CNC staff member to use. If calling to request delivery of medical supplies / equipment please provide: recipient name, contact details, what assistance is required, where this to be collected from. Any other relevant information.

2. CNC will identify if can meet need, call back client to confirm name of staff who will be coming to support (for shopping) or name of volunteer (for medical supplies etc). If we are not able to help we will seek permission to source support elsewhere

**All social distancing infection control procedures will be followed at all times**

### Telephone and Wellbeing Support – Cambridgeshire and Peterborough.

Referrals can be made directly by client or other professional, with prior consent of client to share their contact information. Please call 0330 094 5750. Whilst our volunteers can provide a light touch approach and schedule calls to check and chat, we also have a team of wellbeing support staff who can support those who are experiencing negative impacts on their wellbeing such as low to moderate anxiety or low mood due to self-isolating and social distancing.

Primarily the support will be to enable people to still feel in contact with others. Where needed, information will be given to support people to manage how they might better cope with challenging feelings using a range of different strategies and resources, so that they can improve resilience as well as discussing self-care. Volunteers and staff will also be able to refer clients for shopping and other support should it be required.

### Community Navigators - Triage Service into Local Voluntary Sector Cambridgeshire

Fenland: 01354 695208

East: 01353 659639

Cambridge City: 01223 300460

South Cambridgeshire: 01954 212100

Huntingdonshire: 01480 423065

**We can facilitate this for Peterborough also if required**

## Help at Home

Our Help at Home service continues to support local communities and individuals across the county, during these unprecedented times.

If you need essential shopping, your prescription dropping off, or your meds collecting, or help finding a local service to support you going forward.

Call us on : **01223 714433** or email us [hah.south@care-network.org.uk](mailto:hah.south@care-network.org.uk)

**WE CAN HELP !**



## Community Navigators

**Our Community Navigator service is standing by with information on what local support is available to you. Contact us to find out where you can get support with essential shopping, prescription collections, well being support, and more.**



### Contact us

**01954 212100 or email:**

**[community.navigators@care-network.org.uk](mailto:community.navigators@care-network.org.uk)**



This way

**Contact and Enquiries: [villagevoices@wisbechstmarychurch.org.uk](mailto:villagevoices@wisbechstmarychurch.org.uk)**



## Helping the NHS

"Massive thank you to these fantastic ladies - lovely designer scrubs for some of our lucky colleagues." Queen Elizabeth Hospital, King's Lynn



Stitch Studio Sewing School, like many businesses was forced to stop, when lockdown began. Instead of teaching dressmaking Jayne has been putting her skills to



help the NHS. Co-ordinating a growing team of local sewers working from home, mostly Stitch Studio learners, Jayne and the team have been busy making scrubs for NHS Staff facing a nationwide shortage.



Scrubs, the plain clothes worn by medics when dealing with patients, are being used by an increasing number of NHS staff as part of their personal protective equipment and changed more



frequently in order to stop the spread of Covid-19.

In the last few weeks, the team have made over 60 sets of scrubs, 200+



laundry bags for staff to safely put their scrubs in, for hospitals in Norfolk and Cambridgeshire and 60+ masks and laundry bags for Care homes.

Architects Peter Humphrey Associates printed several sets of patterns for us, then the team got started! Kind donations to purchase fabrics, as well as further donations of quality



sheeting and linen



from the local community which has been greatly appreciated. Fundraising for scrubs materials has now reached £260, with a

target of £400 to cover fabric costs. If you would like to donate, please get in touch with Jayne, at Stitch Studio Sewing School, 07584 341160 or [jayne@stitchstudio.co.uk](mailto:jayne@stitchstudio.co.uk)

"It's a been real team effort and all you sewers have been so generous with your time and commitment, and without you all we could not have achieved so much to help the NHS and a big thank you, for a fabulous sewing team." Jayne Walpole.

### From the recipients

:"Thank you and your super-talented teammates for the fantastic scrubs you've made for us. The scrub sets are going to be very popular indeed and the quantities you have produced are really helpful.

Please keep up the great work – we are all truly humbled by the efforts being made to support us at this time – you really are doing 'good works'!" Queen Elizabeth Hospital, Kings Lynn.

## THE FENLAND FAMILY HISTORY SOCIETY

We do hope you all are keeping safe and well and obeying all the re uests to keep your distance and stay at home. It is a very difficult time for everyone.

Our thanks go to all those wonderful people keeping everything working including among many others postmen and women, the bin men and not forgetting the farmers as well as all the medical staff.

We have had to change so much we do as a Family History Society.

No monthly meetings in Wisbech library until further notice. No twice-monthly Research Sessions at our two venues until further notice.

No attending events and displays.

Not attending clubs and groups as guest speakers.

BUT we are not idle. We have a team transcribing the burials in Mount Pleasant Cemetery. They are managing the task much uicker with this self-isolation!

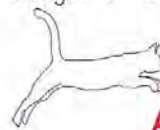
Our teams, who usually offer their services at our research sessions, are willing to offer their help from home. Peter has been looking up re uests for burials in the Fenland Municipals Cemeteries. Other members can help with the churchyard cemeteries. I have been helping with research for a couple of people.

If you would like our help or have uestions you need help with on Family History Research please contact us by email on

[bridget.hunter@btinternet.com](mailto:bridget.hunter@btinternet.com)

Please keep safe and stay healthy.

Bridget 1 5 5 2 .



## SMALL LOCAL ANIMAL RESCUE CHARITY

A plea from a small animal rescue charity, badly hit by lockdown, who need to raise funds.

They do this by selling plants at fairs and local events, none of which are available for the foreseeable future. Meanwhile, the bills for the animals keep coming in.

We have a large range of flowers and shrubs. Day and Asiatic Lilies are just coming into flower. Shortly, Salvias, Fuchsias, Monardas and many others will also be in flower. Perennials are our speciality.

Hanging and door-step baskets made to order.

We would be delighted to welcome back our old customers and to hear from new ones.

Please contact Faith or Richard on 01945 700594 or email [richard@lewis8571.plus.com](mailto:richard@lewis8571.plus.com) "



**Contact and Enquiries: [villagevoices@wisbechstmarychurch.org.uk](mailto:villagevoices@wisbechstmarychurch.org.uk)**



## Interesting and Curious Facts of Yesterday

Unusual, fascinating and sometimes amusing, by the author of "Wisbech's Secret Princess," Chris Donald

### OPIUM



If you were crazy enough to want to spend some time in prison you could make sure you were found in the possession of opium, a class A drug. But, in the 19<sup>th</sup> century interestingly it was not even seen as a danger and it was openly sold together with cocaine and even arsenic. It was quite legal to possess opium and to use it.

When we talk about opium long ago we think of opium dens in London and the main British ports. "There were opium dens where one could buy oblivion, dens of horror where the memory of old sins could be destroyed by the madness of sins that were new." This is how Oscar Wilde described it in 1891, but many well known people of the time took opium or the then popular *laudanum*, an alcoholic herbal mixture containing 10% opium. They included well known people such as Charles Dickens, William Wilberforce, Benjamin Franklin, Elizabeth Barrett Browning, Samuel Taylor Coleridge, George Eliot, Florence Nightingale, Elizabeth Fry, and even Queen Victoria, George IV and the young Winston Churchill.

The British were keen to keep the opium trade going as immense profits were to be made and two wars were fought because of this. By 1830 Britain had become the major drug trafficker in the world.

Laudanum was the most popular way of taking opium and was known as the 'aspirin of the nineteenth century'. It would often be taken as a pain killer or relaxant. It was a *cure all* recommended for all sorts of ailments including coughs, headaches, neuralgia, diarrhea, hangovers, gout, ague (*a type of malaria*), rheumatism, 'women's troubles', cardiac disease, delirium and also, perhaps most disturbingly, to help babies and young children to sleep. Because of the high use of opium in the Fens it is not surprising that the death rate of children in Wisbech was higher than somewhere like Sheffield. And as twenty or twenty-five drops of laudanum could be bought for just 33p a penny, it was also affordable.

But, before the sale of laudanum many Fen people

grew poppies in their gardens and made *poppy tea*. Farm labourers would take a dockey bag for their lunch and they would have a drink of cold *poppy tea*. Their afternoons work would have been interesting. There are still some poppies growing in the countryside if you know where to look.

For people who couldn't afford a doctor, opium would need to be a *cure all*. A doctors fee was £10 2 shillings & 6 pence which would come out of the weekly wage of £80 20 shillings. Even those who could afford a doctor would have to resort to Laudanum in bad weather as it would be hard or sometimes impossible to travel to a doctor due to the poor state of the roads. Laudanum, also known as *Godfrey's Cordial* could be obtained from almost every little shop keeper, market stall holder and even from traveling sales people.

But, in 1868 it became illegal to buy it from anywhere except a chemist and it was still legal to buy it up to the 1920's. It is reported that chemists would stock 40 gallons of it.

It is said that half the opium that was imported to Great Britain was used in East Anglia and Wisbech was said to be the highest town consuming opium per capita.

The buying of laudanum was such a common place occurrence that people would go into a chemist, put their money down and be given the opium pills without a word being said.

The formation of the Anglo-Oriental Society for the Suppression of the Opium Trade with the backing of the Pease Quaker family of Darlington was started in the last quarter of 19<sup>th</sup> century.

As the marshlands and Fens receded so did the use of laudanum.

And in the beginning of the 20<sup>th</sup> century medical standards were starting to improve and when the First World War started it became increasingly difficult to get supplies.

And so the use of Laudanum ceased.

It is ironic that now anybody can go into a chemist or department store and buy opium legally.....

I refer of course to the fragrance opium made by Yves Saint Laurent.

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## GOREFIELD IN THE PAST

Several photos and names of those who served in the armed forces for our Country are featured in the attached file of Gorefield in the past.



## EXERCISES FOR ALL IN LOCKDOWN

We all know it's important to stay active throughout our lives however there are many barriers that confront us along the way, whether they be physical or mental. Sometimes it's important to prioritise other aspects in life at the time but it's important to remember not to sacrifice your overall health.

Below is a range of simple, exercise routines to have a go at, whether you're a complete beginner, trying to fit new activity into your day or already a very active person; these exercises can help to lift your mood, mobilise your body or even give you some mental space and calm to relax.

These Routines have been taken from the NHS website, please visit: <https://www.nhs.uk/live-well/exercise/> for more information and workouts. *DISCLAIMER- any participation in any exercise or activity is done at your own risk. If you have an injury or any medical condition that might make taking part detrimental to your health you should consult your doctor health professional before undertaking. These are only provided as a guide, please choose a routine that would suit your abilities.*

If you're looking for some all over body movement and stretches, Active Fenland have some great Yoga sessions on their YouTube page which can also be accessed through our Facebook Page- just search @ActiveFenland. There is a wide range from Chair Based Yoga if you find it difficult to get onto the floor, through to strength and flexibility sessions. YouTube Channel: [https://www.youtube.com/channel/UCSfZRPntOr2tbrEebfPvZtQ?view\\_as=subscriber](https://www.youtube.com/channel/UCSfZRPntOr2tbrEebfPvZtQ?view_as=subscriber)

Further to this, if you feel you'd like to get your body moving a bit more and raise that heart rate a little, Active Fenland's YouTube Channel also has High Intensity Interval Training workouts which are adaptable for *all* activity levels and less than 15 minutes long, fun to do with the whole family! Further to this, we have some Bootcamp Strength Based Sessions with Josh who will lead you through an at home workout you can perform safely. All our sessions are in real time, so you'll be working out along with our instructors- and this is all FREE!

It's also advisable to make sure you get outside once a day to move your body, and this could just be walking which is great for our physical and mental health. If you're looking at perhaps turning your daily walk into a run once or twice a week, we have a great 'Getting into Running' video with many hints and tips on how to ensure you do this safely and also adhere to it each week- this is also on our Facebook and YouTube Channel. Of Courses, there is also the NHS 'Couch to 5k' programme which has proved very successful for many- just search for it on the NHS website!

Stay Safe and Keep Moving.

**Chair Workout 1**

**Chair Stretches 2**

**Stairs Routine 3**

# Chair Exercises

WORKOUT © darebee.com  
3 sets | up to 2 minutes rest between sets  
www.nhs.uk **NHS** choices

20 chest expansions      20 side arm raises  
10 dives      10 raised arm circles  
5 clockwise / 5 counterclockwise  
20 overhead punches      20 punches

# 3-minute seated Yoga

www.nhs.uk **NHS** choices  
OFFICE-FRIENDLY WORKOUT © darebee.com  
30 seconds each

body roll      stretch up      alternating side stretch  
alternating hip twist      alternating lift & reach      alternating heel touch

# Stairs Workout

Repeat 5 times | up to 2min rest between sets  
Walk up the stairs 3 times before every circuit  
© neilarey.com

20 step taps alternating      20 step-ups alternating  
10 step jumps      10 split squats alternating  
20 stair climbers alternating      10 calf raises

www.nhs.uk **NHS** choices

**Contact and Enquiries: [villagevoices@wisbechstmarychurch.org.uk](mailto:villagevoices@wisbechstmarychurch.org.uk)**





FROM WISBECH ST. MARY SCHOOL

In these difficult and worrying times the team at Wisbech St Mary CE Academy have continued to support and engage (remotely) with our children and families. Teachers and school staff have provided home learning for children, spoke to parents and children on Zoom, been at the end of the telephone to reassure, and cared for Key Worker children in school each day. Events such as sports day, SATs, Bikeability etc have had to be cancelled, but the main thing is that we all stay healthy and safe. We will all come back together when it is safe to do so, and we look forward to that day.

**Pebbles of Hope**

At school, we have started a 'Pebble Pathway of Hope' and we would love for you to get involved too! Begin by finding a pebble or stone to decorate in any way that you like. You can paint it, use felt tips or whatever you like to turn it into something or to write a message of hope on it. Once you have done this, go for a walk to school and add to our 'Pebble Pathway of Hope' located at the front of the school, remember not to remove any of the stones. This doesn't have to be just people from school, this is a community project that we would love everybody to get involved in, so spread the news about our Pebble Pathway of Hope.



**Home Learning**

Like thousands of children all over the world, our children are learning at home. We have enjoyed looking at what our amazing young people have been doing....



**Meanwhile in school.....**

Key worker children have been in school with staff taking part in lots of fun activities! Here are just a few examples!



**Stay Safe**



**Contact and Enquiries: [villagevoices@wisbechstmarychurch.org.uk](mailto:villagevoices@wisbechstmarychurch.org.uk)**



## June report

**Apple class** have been finding out about farming. They were delivered a growing kit so they could grow wheat, potatoes, pumpkins and beans. Lots of stories were shared about farms such as Farmer Duck and What the Ladybird heard. The children have produced some fabulous artwork on tractors...



**Blueberry class** have been delving into the world of plants and also created some creative artwork...



**Mango class** have been enjoying making sock puppets and flip books in DT along with finding out about famous heroes and heroines in History. They also experienced a fun VE Day zoom call where the children dressed up, indulged in afternoon tea and waved their flags...




**Avocado class** have been learning Art in the style of Damien Hirst and surrealism trying to recreate his formaldehyde art with different solutions and objects and the naked egg challenge. Science we created a rainbow in a glass for the NHS, lots of fabulous writing...

We are so proud and impressed by how the children have quickly adapted to the 'new normal' and have shown great enthusiasm and resilience to our virtual classroom world and produced some fantastic learning! A big thank you to parents and carers for all your support and patience too!! Please check out our website

[www.aldermanpayne.co.uk](http://www.aldermanpayne.co.uk) for the latest updates and a special message from all the staff, enjoy and stay safe!







It's good to get out and sit down on the  
grass,  
I've rode my bike here and I'm pretty fast.  
Lockdown is sometimes dreadful for me,  
but then when I get out I see the world can  
be pretty.

I'm sitting here on a warm sunny day,  
Watching the tractors working hard away.  
● I've rode beyond the houses to an area that  
is peaceful,  
It takes away the feeling of lockdown being  
dreadful.

I'm riding past bunches of white and yellow  
flowers.

If I had my way I'd be out here for hours.  
I'm back to say hello to the horses in the  
yard,

I've told them I've finding lockdown  
sometimes hard. - Jake.

**A poem by Jake (Year 6) Alderman Payne Primary School.**