

Northstowe News

By Northstowe Community – For Northstowe Community

Issue 28

August / September 2023



News and Updates

EDITORS' WELCOME

Just as this magazine was going to print, the BBC published a piece on Look East and on their website, calling Northstowe a “broken-promise new town built ‘with no heart’”. Well it’s true that there have been multiple broken promises, delays, and reasons to be dissatisfied. There are no shops to make up the phase 1 Local Centre. Roads are unfinished, paths remain closed for years. The Community Wing closed with no replacement which was a colossal error, and completely avoidable. Even the new Interim Community Centre was promised to open in Spring!

But I can’t agree that Northstowe has no heart. The BBC didn’t mention the flourishing sports clubs, art clubs, mother and baby groups, religious groups, cultural societies, rainbows, scouts, dance workshops, music jams, and all kinds of other community activities. You can read about them throughout the pages of this very magazine, and even we don’t manage to cover everything! In Northstowe at a children’s party we get to sing the ‘Happy Birthday’ song in more than 2 languages and everyone joins in. When you walk down the street and smell the cooking coming from windows, where else do you get such a variety of dishes? Where some mums drop each others kids off to school, and neighbours look out for each other.

The heart of Northstowe isn’t going to be the Community Centre - much as we are desperate to see it open - or any other building! No, the heart of Northstowe is its community, and it’s already here. You! Dear reader, you are part of the heart of Northstowe. Ignore the negativity and keep at it!

Want to advertise in Northstowe News?

Over 1500 copies of each issue are delivered, a free magazine to every residence in Northstowe. If you want your business to be included, contact janetpendrill@gmail.com for more details. Annual discount rates are available.

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Full Page Prime Position 216mm x 303mm	N/A	£240 (£1296)

Northstowe News is produced *right here in Northstowe* by a small group of volunteers. We’re always looking for regular or one-off articles, photos, artwork, event reports, notices, and anything else that may be of interest to the community. If you would like to write in the magazine please email northstovenews@gmail.com with your questions, ideas and contributions.

The submission deadline for the October / November issue is **September 1st**.

HOUSEHOLD BIN COLLECTIONS

Thursday 3 rd August	Black Bin
Thursday 10 th August	Blue and Green Bins
Thursday 17 th August	Black Bin
Thursday 24 th August	Blue and Green Bins
Friday 1st September	Black Bin
Thursday 7 th September	Blue and Green Bins
Thursday 14 th September	Black Bin
Thursday 21 st September	Blue and Green Bins
Thursday 28 th September	Black Bin



Report Missed bins at:
<https://www.scamps.gov.uk/bins/report-a-missed-collection/>



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Front Cover photo by Andrew Collier

NORTHSTOWE TOWN COUNCIL

TOWN MAYOR, CLLR PAUL LITTLEMORE

Hello Northstowe! I want to start by thanking Cllr Richard Owen for his tenure as Town Mayor over the last two years, and in that time I've worked alongside as the Deputy Town Mayor. It has been a great opportunity to work with Richard and learn so much about local government. I also wish to congratulate Cllr Carla Bros Sabria who was elected our Deputy Town Mayor at our Annual Meeting of the Town Council in May.

At the time of writing, the opening date for the interim community building hasn't yet been announced. We all know how difficult it has been for community groups, and indeed ourselves as a council, without adequate community space to meet. I have been really impressed at the efforts of all involved in the delivery of the interim building. The community forum will also have been held by the time this is published, and the community will have had its first look at the plans for the permanent community building that will be built adjacent.

At our last full council meeting in June, we received an update on ParkPlay, a play leader has been recruited and is undergoing training and this looks like it will be ready to start at some point in August, subject to a few more legal agreements to be finalised. This will be a great opportunity for everyone, adults and children alike, to enjoy free to participate games and activities on a Saturday morning in the Western Park.

If you have anything that you wish to raise with the Town Council, please get in touch with Mark, our Town Clerk (townclerk@northstowntowncouncil.gov.uk) and we always have a standing item on all of our agendas for public participation. Our Full Council meetings are held on the 4th Tuesday of every month.

COMMUNITY DEVELOPMENT OFFICERS

Mihaela Stan and Michele Eidevik-Skinner



CDO Presence

We continue to be available for appointments with residents on Wednesdays and we will provide an update on any additional availability. Our presence in the community extends to having attended various sessions including supporting the Community Lounge during the summer. We supported the introduction to ParkPlay and the student session at Northstowe Secondary College where AR Urbanism discussed the new Community Building. We will also be at the Northstowe Festival of Running and the Northstowe Hub launch event in September.

TOWN CLERK, MARK NOKKERT

Being closer to Northstowe residents, any time soon

As the Town Mayor already introduced, we are all excited about the prospect of having a dedicated community space again at the heart of Northstowe community.

Having previously seen many activities in the Wing in action, it is clear that a central community space is an easy way for people to meet, helps people with great ideas for community activities find each other and can help in making those ideas a reality.

We are also excited about this prospect as the Town Council will, once opened, for the first time have its own office space within the Temporary Community Centre. Having recently grown to two members of staff and this undoubtedly not being the last staff expansion, our own office space will help us in working effectively and efficiently on Council business.

This will also provide a clear location and base for Town Council activities and for your enquiries: come and meet us in our new place; it will be good to hear from you!

Information on Council business can be found at our website, www.northstowntowncouncil.gov.uk. This has also a useful links page (with links to e.g. community groups; travel information; healthcare; planning), and lists contact details of organisations where one can report any issues.

Please contact us if you have any questions or suggestions: townclerk@northstowntowncouncil.gov.uk.

For any market-related questions, please contact: markets@northstowntowncouncil.gov.uk

Northstowe Community Forum

The next Northstowe Community Forum will take place on Wednesday 4th October 2023 from 6.30pm, with attendance from a diverse range of stakeholders to provide updates on new and existing developments.

Temporary Community Centre

Come and meet us and look around the facility. Get in touch if you're interested in room hire:

northstowe.community@scambs.gov.uk.

Great Big Green Week

We organised the Community Action Day, part of the Great Big Green Week on 17th June on The Green. There were recycling skips for wood, metal, small electricals, general household items and BPFA and Northstowe Arts hosted an arts workshop. Sustainable Northstowe had stands with free food from the Community Larder, seed swap, clothes swap and a 'take it or leave it' stall. Smart Journeys offered freebies and sustainable travel advice alongside free bike repair by EMC Mobile Bicycle Repairs. Enterprise Car provided freebies and advice on their promotional offer for their electrical vehicle hire available to residents. We had a very low general waste tonnage (600kg) which is good compared to similar events in other areas. This means a lot more went into recycling skips than landfill.

Kickstart Funding

We are starting to receive applications for the Kickstart fund, please let us know if you are interested in discussing ideas for a new not for profit community project in Northstowe.

DISTRICT COUNCIL



CLLR. TOM BYGOTT

Demolition of the Hotel Felix

One of the responsibilities that I have carried on from my previous role as District Councillor for Girton, Dry Drayton and Madingley has been to oppose the demolition of the Hotel Felix on Huntingdon Road, one of Girton's most historic and best loved heritage buildings. It had been built as a private country house in 1852 and is still in excellent condition, having been fully renovated to a very high standard to become a luxury hotel in 2002. The hotel was sold in 2018, closed permanently during the covid pandemic and the property developers submitted an application to South Cambs District Council in February 2021 to demolish it and build an 80-bed nursing home.

I called the application in to the SCDC Planning Committee where it was rejected unanimously last July. The developers then appealed the decision to the Planning Inspectorate, which decided on June 5th to uphold their appeal and allow the demolition to go ahead.

This decision shows that the heritage protection system in this country is not fit for purpose. Only a tiny minority of heritage buildings constructed since 1850 have listed status. The vast majority are protected only by their owner's preference to keep them standing over the cost of rebuilding and there is currently no law against demolishing an unlisted building. At the Hotel Felix hearing, the applicant pointed out that they were legally entitled to demolish the building at any time, and that planning permission was only required to construct a new building in its place. The Victorian Society, who helped me campaign to preserve the Hotel Felix has proposed an amendment to the Levelling-Up and Regeneration Bill, currently before parliament, to fix this problem.

Taxation, 0% VAT on demolition and rebuild vs 20% VAT on repair and maintenance, further stacks the odds in favour of existing buildings being swept away. Demolishing interesting buildings on a site using permitted development rights means that local authorities may be less likely to refuse a subsequent planning permission for a development that is less desirable than the existing building.

It is not environmentally sustainable to demolish usable and solid buildings and replace them with less well designed (and usually less beautiful) buildings that have a shorter design life.

Cambridgeshire Fire and Rescue Service public survey

The Cambridgeshire Fire and Rescue Service is holding a public survey of residents and business owners in Cambridgeshire and Peterborough. The fire service is required to create a 3-to-5-year plan that identifies the fire and rescue related risks in the county and how it plans to mitigate or be prepared for them. It also identifies the opportunities it will take to continue to improve its services to communities. The fire service is currently preparing to write its next plan for 2024/29 and they are seeking views from people in the communities they serve, so their thoughts and expectations of the service can be reflected in the plan.

The survey will provide the fire and rescue service with valuable information about what residents and business owners in Cambridgeshire and Peterborough expect of their local fire service, as well as gathering people's thoughts on different risks and situations. The information will be used to help the fire service ensure it is targeting its resources in the most effective way. Here is a link to the survey which will take 10-15 minutes to complete: <https://bit.ly/43pzLHU>

Cllr Tom Bygott

[cllr\(bygott@scambs.gov.uk](mailto:cllr(bygott@scambs.gov.uk)

07765 475 513



CLLR. NATALIE WARREN-GREEN

I hope you have enjoyed your summer and I am pleased to offer you some positive updates for this edition of Northstowe News:

Delivering Northstowe

Being active on the Northstowe Delivery Group, and supporting the development of interim measures as Northstowe continues to grow, is key to the my District Council role. Spring and early summer have seen some positive outcomes for the delivery group, chaired by Cllr Bill Handley, with delivery by the SCDC Community Team of the interim community hub, the civic hub, the development of the sports pavilion. Ramping up the Sunday Market from monthly to weekly has also been welcome by many. Facilitated by a very dedicated team of volunteers led by Town Councillor, Carla Bros Sabria, residents have told me that it's very useful to them, while plans for the retail park are developed. I enjoy being productive and outcomes focused as part of the delivery group, and also in the community itself, supporting Northstowe residents and events.

SCDC Support for You

Across the South Cambs district, SCDC initiatives to support residents of South Cambridgeshire continue as we all experience the expansion of new communities and related challenges, plus dealing with the cost of living crisis. Information about the ongoing efforts of SCDC are available in the South Cambs Magazine. We are challenged by postal services at times, so if you are missing out on receiving this please let the team know via scdc@smartdistribution.co.uk or by phoning 0800 6444 011.

Support for Childminders

As you'll see in Cllr Firouz Thompson's report for this edition of Northstowe News, one challenge in particular that residents of Northstowe with young families have expressed concern about, are the very low number of Childminders in Northstowe, impacting work-lifestyle. I am proud to have had the opportunity of cascading Cllr Thompson's County level motion to the full South Cambs District Council meeting in July, requesting activity focused on addressing the rules that make applying to set up as a childminder from your home difficult. Working together, County, District and the Greater Cambridge Partnership planning team, are addressing the childcare problem faced by families with young children.

If you have any questions about SCDC or my activity, please know that I am available to you in person, by email or on Facebook messenger:

cllr.warren-green@scambs.gov.uk

District Councillor for Longstanton Ward (Including Northstowe, Longstanton, Oakington & Westwick)

<https://www.facebook.com/longstantonoakingtonnorthstowe>

CAMBRIDGESHIRE COUNTY COUNCIL



CLLR. FIROUZ THOMPSON

Hope you have enjoyed your summer and managed a break.

Early Years (EY) providers in Northstowe

In May I took a motion to CCC Full Council on Childcare in Domestic Premises following my experiences of the Phase 1 Northstowe development, which the Council unanimously agreed.

Some house builders place restrictive covenants on their properties which prohibit residents living within them from running a business from home including childcare. As a restrictive covenant does not expire, it will be applicable indefinitely, even if the building is sold and the ownership changes.

Childminders play an important role within the childcare sector, offering flexible childcare for families. Data shows there has been on a downward trend. In 2019, there were 641 childminders registered in Cambridgeshire (56% of the sector), compared to 456 childminders in 2023 (39% of the sector).

It was agreed to signpost childcare providers, and residents, to the appropriate support within the local authority when concerns are experienced.

My motion also asked that district and city councils highlight the importance of such changes with developers and house builders to ensure that they are aware of the barrier that these covenants can cause. District Councillor Natalie Warren-Green and I have been working together to follow up my motion at SCDC's July meeting. I am currently working with Professional Association for Childcare and Early Years to build awareness in the hopes that we can raise number of childminders across our county.

Phase 1 - Interim Community Centre should be providing sessional provisions for children (2-4yrs old), if a successful provider comes forward to start in September 2023, this alongside with the Pathfinder pre-school (2-5 yrs old), which is run by the school should assist with current numbers on waiting lists.

Phase 2 - the next EY setting due to open is located at the second primary school within the Education Campus, alongside NSC and MBA, with a proposed opening date of September 2024.

We look forward to the Early Year providers bidding for spaces within Phase 1 Employment Zone and Phase 2 Town Centre, so that private nurseries will also be available at Northstowe, given us a full range of local EY providers.

Food Delivering Robots

Since the success of Robots within Cambourne and Cambridge City, we have been working with Starship to map the areas within Longstanton and Northstowe where deliveries can be made from Longstanton Co-op, we are hoping this service will be in place in September and can help with the parking issues around the area. It has proved harder than we thought as not all roads are adopted, which has caused delays in mapping and putting contracts in place for private roads. In other places County owns most pavements and roads – so a lot simpler.

Contact: firouz.thompson@cambridgeshire.gov.uk

County Councillor for Longstanton, Northstowe, Over, Oakington & Westwick

<https://www.facebook.com/longstantonoakingtonnorthstowe>

OFSTED REPORT FOR NORTHSTOWE SECONDARY COLLEGE

Northstowe Secondary College was rated "Good" in an OFSTED inspection report published in May.

In the "Leadership and Management" category, NSC was graded Outstanding. The inspectors praised the "ambitious curriculum covering a broad range of subjects that meets the differing needs of pupils".

"Leaders carefully consider the well-being of their staff, and morale is high."

The work of the governors and trustees was also highlighted in the report, saying they are "relentless in their desire to provide the very best education for pupils. [...] They] rigorously challenge leaders' decisions to ensure that all actions are in the best interests of pupils. This work is significantly contributing to the school's success."

"Expectations are high for both behaviour and how well pupils achieve". The report goes on to say how this brings about good results: "Pupils understand how they need to behave to ensure they are able to learn well at school. [...] They are respectful to each other and their teachers". "In lessons, pupils behave positively. They listen carefully to their teachers and to each other. They are ready to work."

The report states that "In most curriculum areas, teachers regularly check what pupils are learning. Teachers provide pupils with the precise help they need to get better and learn more." The report does indicate that the school could improve by performing this more systematically, but that there are inconsistencies only in "a small number of curriculum areas".

In short, "the vast majority of parents are very pleased with the quality of education the school provides". The full report is available to be read here:

<https://reports.ofsted.gov.uk/provider/23/148128>

NORTHSTOWE FOODIES

Photo by Emilyton Barley



Northstowe Foodies was founded by residents Firouz Thompson and Mollie Clarke back in January 2021. Our key motivation was to support local businesses like independent food trucks and provide an alternative choice for our local area.

The food trucks are booked by our fabulous friends Anna and Steve at Food Truck Revolution (who own Pig-Casso's) and a pitch fee is charged for coming onto Northstowe Green. Northstowe Foodies acquires 30-50% of these pitch fees, to put back into the community.

Who would have thought that this idea would raise a whopping £11,188 to date and fund such great Northstowe community group projects, such as:

Horticulture – community raised beds, Social – free food for events, Sustainable – community fridge, Arts – lights and stage fees, Jets – basketball court fees, Running Festival – large waste bins , Gift vouchers – for raffles and families as a treat.

We have also worked with our local schools, NSC, MBA, Pathfinder and Hatton Park, funding such items as: food vouchers during half term for families and for occasional treats, funded towards minibus for NSC and MBA, art funds for NSC pavilions, laptop for children to share, photographer for Valentine's disco, pocket money for pupils to spend at summer fairs.

Next up is part-funding the next Defibrillator at the Sports Pavilion and the installation of the Heritage Sculpture within the interim Community Centre.

We currently have 25+ food trucks that are attending site per month, new trucks are added when possible. The variety of food truck's cuisine ranges from delicious gourmet burgers to fragrant Middle Eastern dishes.

We also work with our food trucks to reduce plastic waste, 7 of which are Surfer's Against Sewage Plastic Free Champions!

For weekly food truck schedule head to Northstowe Foodies on Facebook and Instagram

We'll hopefully see you at the trucks!

UPDATES FROM THE COMMUNITY FORUM

Here are some of the things mentioned at the Community Forum in July. Notes and presentations are available at <https://www.scamps.gov.uk/northstowe-community-forum/>

- The interim Community Centre will open "soon". The keys have been handed over, and furniture is starting to be moved in, but the fire Risk Assessment needs to be completed and an opening date will be published as soon as confirmation is in place.
- There are 2 assembly rooms, a cafe and kitchenette area, office spaces for local authorities or for hire, and a room designated for NHS use (ancillary services such as midwife appointments, health visitors, mental health sessions).
- The building is hired for a limited time (3 years). In the event that the permanent Community Centre is delayed, SCDC commit to managing that contract so that there will be no period without facilities. There is some risk, because Planning Consent also runs out at the same time and any extension would require re-application, but it is hoped unlikely that anyone will want to see that rejected.
- SCDC are setting up a management board involving Northstowe Town Council and Northstowe Hub, to run the building in partnership with the community.
- The permanent Community Centre will be built on the North East corner of the same plot, facing onto The Green and Stirling Road. It is scheduled to be finished in early 2026.
- There is an absolute focus on sustainability. Natural ventilation and natural light will be used as much as possible, with ground source heat pumps available for additional heating and cooling as necessary. The building roof will have a distinctive sawtooth pattern, south-facing for solar panels, and echoing the form of roofs on nearby houses.
- The road leading south between Northstowe Secondary School and the B1050 roundabout near the A14, will be open soon. (Agreements relating to the diversion of the bridleway need to be finalised). The road is finished to its final specification, flush and with no raised ironworks. There are segregated cycleways and walkways along its entire length (including parts where the road can be used only by Busway vehicles) and this will all open at the same time.
- The walking paths around Unity Lake are delayed. The landscaping work needs to be established enough that it can take a bit of a hit (of people walking off the paths). Weather this summer is critical.
- There will be no water-contact activities permitted in Unity Lake until an initial period of Water Quality Monitoring has proved that the water is safe.
- Bovis have "momentarily" paused development on their H5 plot (between Pathfinder School and Britannia Road) while the development undergoes a full review. They say it would be "reckless" to build properties which the buying market do not wish to purchase. They are committed to "completing as soon as practically possible".
- This will not delay the finishing of the highway infrastructure, which will start and complete in 2024.

The next Forum will be held on **4th October 2023**. Northstowe Community Forum is *your* opportunity to hear directly from the developers, the councils, and other public sector bodies, to ask questions and find out everything about what's been happening recently and their plans for the future.

NORTHSTOWE Community Forum

A space for local residents to engage with developers and public sector bodies about the new town of Northstowe



Wednesday 4th October 2023
Schedule TBC

Location TBC

View the agenda, or join the forum: www.scamps.gov.uk/northstowe-forum
Submit your questions in advance to: Northstowe.Community@scamps.gov.uk

HERITAGE SOCIETY UPDATE: August - September 2023

TIME FOR A SHARED HERITAGE STRATEGY?

The Heritage Society has, over many years, stressed a desire to see a cross-community charitable Heritage Trust set up for Northstowe, Longstanton and Oakington and these ideas have been shared with members of CCC, Homes England and others. This idea has not progressed but the complications of our shared heritage remain and need to be resolved.

The reason for this suggestion is that our shared heritage is just that - it should not be 'owned' by just one of the three communities. In addition, whilst the boundary changes may have artificially split up heritage assets they should be viewed and managed as part of a whole. It is not in the interests of the heritage assets or our communities for each community to 'own' and manage our heritage in isolation from the others. For example, the Manor Farm paddocks in Longstanton are the Domesday sites of the villages of Stantone and Stantune. These Domesday settlements became known as Long Stanton All Saints' and Long Stanton St Michael's and were separate villages until they were amalgamated in 1953.... but back to today!

The Manor Farm paddocks remain within the village of Longstanton, next to the Listed buildings of All Saints' church and The Manor; the latter giving the fields their name. Despite these indisputable and important historical connections the paddocks and other parts of Longstanton's conservation area are officially part of the Northstowe development. It is inconceivable that management of this land so close to our two historic churches, should not involve input from Longstanton Parish Council and the wider Longstanton community.

Other heritage assets that are of interest to the three communities are the rare circular Oakington Pillboxes (nine of which are now Grade 2 Listed structures and located within Northstowe with one remaining in Longstanton). The LDHS Archives cover both Longstanton and RAF Oakington / Oakington Barracks and of course this means that the archives are shared with the new town of Northstowe too. These archives are a SHARED COMMUNITY ASSET and our desire is for this to always be the case. The heritage building, and perhaps a future museum, will also showcase our three communities shared heritage, so ownership and management of that building and its contents should be owned and managed by the three communities as an independent Heritage Trust.

A long time ago someone said that 'they did not want Longstanton's heritage to go to Northstowe'. The Heritage Society has never considered that our work only belongs to Longstanton village but the opposite is true in that the LDHS Archives should not just belong or be controlled by Northstowe town either. It is imperative that all three communities are equally involved in the future management of the archives and all other heritage assets that have a shared history. Just because Northstowe is a new town, with the advantages conferred upon it by the planning regime, this should not mean that the views of Longstanton and Oakington residents are not of equal importance.

How do we create an ownership and management structure that takes this shared interest into account? It can, and in my personal view should, be via the establishment of a charitable Heritage Trust and other communities are already doing this. In addition, The Oliver Cromwell Museum in Huntingdon was only saved from the threat of closure

following the establishment of an independent Charitable Trust.

Recently I have come across on-line a joint Heritage Trust set up by Somerset and Devon councils and below is the summary of the proposed Heritage Trust for Devon and Somerset. Please note in the summary it states why this model is better than Council Council ownership alone.....

'This report outlines recent discussions with Somerset County Council regarding the potential for a joint Heritage Trust. The report recommends moving towards implementing a joint trust arrangement, which would provide the professional expertise to manage and maintain the care of Devon's unique heritage collections in the future. Initial financial analysis has demonstrated that the trust model offers financial and service advantages, which would not be possible if the service remained within the County Council'.

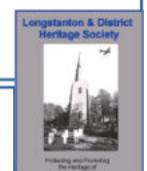
It is time for our communities to decide on the future management of our shared heritage assets too. Who will own and manage the Manor Farm paddocks and the Oakington Pillboxes? Who will own and manage a heritage building or museum in the long term? Could the Heritage Society archives form part of a core collection in an official museum owned and managed jointly by Longstanton, Northstowe and perhaps Oakington & Westwick via a Charitable Trust? These decisions are really important and discussions on this long-term planning should have started a long time ago.

The Heritage Society has collected an important archive over a period of nearly 20 years but the decision regarding its future cannot be made by the Society alone. A charitable Heritage Trust, set up jointly by Northstowe Town Council and our two parish councils, seems to be a positive way forward as it would enable cross-community management of shared heritage assets and enable local residents and others to fund-raise. This model will help ensure that our heritage assets have a sustainable financial future that is community controlled and not entirely dependent on the public sector for funding. These benefits have clearly been recognised by Somerset County Council and I hope our three councils will jointly look into this option for our communities.

Any decision on the future of the Heritage Society archives will be made by the LDHS Committee and our members. If you would like to have a voice and get involved in planning for the future, please do get in touch or join the Heritage Society today. Of course there may be other suggestions and ideas that can be considered but it is important that our communities, in conjunction with the Heritage Society, start a broad and cross-community discussion on the long term future of heritage provision for Northstowe, Longstanton and Oakington. It was expected that cross-community discussions would form the basis of a Heritage Strategy for Northstowe, but to date nothing has been settled. It is time to rectify this and plan for the future together.

The local and long-term future for the LDHS Archives does depend on cross-community dialogue beginning now. **Our 2023 AGM will take place in October and long-term planning will be on the agenda.** Potential options need to be put forward for discussion at the meeting so please do contact us as soon as possible if you wish to have your say.

Hilary Stroud



Sports, Health and Wellbeing

HUNTINGDON LADIES' HOCKEY CLUB

Developments in Huntingdon Ladies' Hockey Club ahead of the new season

The 2022-23 season brought lots of new members to the Huntingdon Ladies' Hockey Club, almost doubling our numbers, with players joining us from St Neots, Longstanton, Huntingdon and Northstowe. Some players transferred from nearby clubs whilst others were just beginning their hockey journey under the expert guidance of Coach Joan Griffiths.



With 5 wins, 10 draws and 5 losses, the 1st XI team was able to retain its place in Division 3NW in the East Area Adult Hockey League. With greater depth in the club, we will be looking for a higher finishing position in the division next year. Huge thanks to our club's kit sponsor Champneys Health Spa. Keep your eyes out for our players taking part in the Northstowe Running Festival!

At the club's AGM in May, Cora Davies was voted Players' Player and Player of the Season, before travelling up to Glasgow with Pam Begg where they both competed in the Masters Hockey 4 Nations tournament, in the Welsh and Scottish squads respectively. Club Member of the Year was awarded to both Paula Bingham (1st XI Captain) and Ros Hart (Secretary), and Megan Rowley won the Most Improved Player award, just in time for her to go to University!

Though Megan is taking her improved skills to Warwick, we are looking forward to welcoming back two of our Northstowe-residing members, Helen and Becca, after they

"Just leading up to Megan's last match on Saturday, I just wanted to let you know how important your team has been for Megan over the last I think 5 years. She has felt a sense of being part of something, and you have all been really lovely to her. Thank you so much.....I know that she will miss you all very much, and has made some friends for life." (Megan's mum)



missed last season thanks to babies! We are especially keen to welcome new members to the club this season too, because new for the coming 2023-24 season is the creation of Huntingdon 2D, our Development squad. As a non-competitive team of Division 5NW, this will provide the opportunity for players to gain match experience and grow in confidence with an aim to field a 2nd XI team the following season.

Whether you are returning to hockey after a break or are keen to try something new, we could be just the club for you! Perhaps you are an experienced player who has recently moved to Northstowe and would like to transfer to a friendly, local 1st XI? Or is your daughter (year 8 or above) keen to develop their hockey skills outside school sports lessons? Come and join us on the astro pitch. We know that personal budgets are tight, so club memberships start at £50. Over the whole year, this works out at less than £3 per evening of training (7.00pm - 8.30pm, Tuesdays from 22nd August).

Pre-season training begins at 7.00pm on Tuesday 22nd August and the first matches of the season will take place on Saturday 16th September. We will share dates of our Home matches here as soon as the fixtures have been finalised, because with two teams, there will of course be double the number of opportunities for you to cheer us on at Northstowe Secondary College on Saturdays. (Or perhaps you are a qualified umpire?)

Full details can be found on our club website www.pitchero.com/clubs/huntingdonladieshockeyclub. Contact Ros the secretary on huntingdonhockeyclub@gmail.com with any questions or to register your interest in joining the club. Follow us on Instagram [@huntshockey](https://www.instagram.com/huntshockey) and Facebook [/HuntingdonHockey](https://www.facebook.com/HuntingdonHockey).

1ST NORTHSTOWE RAINBOWS

The 1st Northstowe Rainbow Guide unit is beginning this autumn and we are very excited about it! Girlguiding gives girls the opportunity to play and learn together, developing their confidence, friendships, and practical skills that they will use for their whole lives.

Rainbows welcomes girls from the age of 4 until they leave to join Brownies at 7 (although there isn't currently a Brownie pack in Northstowe). We would love to welcome your daughter to join us, and you, if you would like to volunteer with us.

We will meet at 5pm on a Wednesday, at a venue tbc. For more information about girlguiding in general, please visit the website at www.girlguiding.org.uk. If you would like to know more about Northstowe Rainbows please contact me on 07870588777.

Felicity Lewis, Unit Leader, 1st Northstowe Rainbows

COTTONHAM TENNIS CLUB

We're excited to share some upcoming club activities with you. Whether you're a tennis enthusiast or looking for a fun and active way to spend your time, we've got something for everyone. Here's a quick rundown:

1. Summer Camp: Join us for an amazing Summer Camp from weekdays 24 July to 4 August. It's open to kids aged 3-16, and we promise loads of tennis-filled fun!

2. Match Results: Our ladies' team has been performing exceptionally well and currently holds the impressive 3rd position in their division. Let's cheer them on!



3. Successful Open Day: We recently had a fantastic Open Day in May, and we've attached some pictures for you to get a glimpse of the excitement. It was a memorable event!

4. September Coaching Dates: Starting from 4 September and running until 16 December, we have coaching sessions available for both adults and kids. These sessions cater to players of all skill levels, ranging from beginner to advanced. It's a great opportunity for individuals at any stage of their tennis journey to enhance their skills.

5. Club Championships: Mark your calendars for 16 September! We'll be hosting the Club Championships, where members can showcase their talent and compete for glory.

6. Family Tournament: On October 14th, we're organising a Family Tournament. Get ready to team up and enjoy some friendly competition with your loved ones.

To book any coaching sessions or the Summer Camp, please visit www.gamesettennis.co.uk. We've made it convenient for you to secure your spot.

We hope to see you at these exciting club activities. Don't miss out on the fun!

COTTONHAM JAGUARS

We train at Northstowe College courts on Tuesdays 6-7:30pm. The first hour will be indoors and then 30 minutes outdoors, both with qualified coaches.

Our teams play matches in Cambridge on Sunday afternoons from September to March.

If you are in school Years 5 to 8 in September 2023 and are interested in joining the club, please contact:

Sally Vail on sallyvail01@gmail.com

CoJags junior netball club is looking for U14 and U12 players!



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Food bank vouchers are available from local agencies such as citizens advice, schools, and churches. Vouchers can be redeemed at Distribution Centres across Cambridge, including the Northstowe centre (operating out of Willingham Baptist Church until the new Community Facilities open in Northstowe)

Each gives you a parcel of three days of emergency food, providing non-judgemental support at the point of crisis.

Looking to donate?

The nearest collection point is at Bar Hill Tesco

Want to volunteer?

Get in touch!

Read more: cambridgecity.foodbank.org.uk
One contact is Revd Beth Cope (Pathfinder Church)
07720 330 272 contact@northstowe.church

HORMONES IN LABOUR AND BIRTH

- a car analogy

Understanding the roles of each main hormone — oxytocin, melatonin, endorphins, adrenaline— and the influence of the neocortex during labour can help individuals create an environment that supports the natural progression of birth.



1. The Accelerator (Oxytocin): Oxytocin acts as the accelerator in labour, driving the progression of contractions. Known as the love hormone, it is released during intimate and pleasurable activities like cuddling, kissing, nipple stimulation, and sex. Oxytocin strengthens contractions and brings them closer together, playing a crucial role in labour. However, its release can be inhibited by fear, embarrassment, and bright lights, so creating a calm and supportive environment is essential to encourage its flow.

2. Fuel Injection (Melatonin): Melatonin, a hormone associated with sleep and darkness, plays a significant role in birth. Recent research suggests that melatonin increases the production of oxytocin and enhances the power of contractions. This may explain why more babies are born at night when darkness promotes the release of melatonin. By creating a dim and peaceful birthing environment, the body can optimise melatonin production, providing a natural "fuel injection" to support the progress of labour.

3. The Clutch (Endorphins): Endorphins are the body's natural pain relief and mood-enhancing hormones. They help cope with the intense sensations of labour by providing a sense of euphoria and well-being. Endorphins are released when we feel happy, loved, or experience physical touch, such as massage. They work synergistically with oxytocin, forming a feedback loop where increased endorphin levels lead to more oxytocin release and stronger contractions. Encouraging activities that promote the release of endorphins, like gentle touch and emotional support, can help navigate the waves of contractions during labour.

4. The Brake (Adrenaline): Adrenaline acts as the brake in the labour process, potentially slowing down or even halting labour. When released in response to fear, lack of control, or stress, adrenaline inhibits the release of oxytocin and endorphins. This can disrupt the natural progression of labour and create challenges. To support a smooth labour experience, it is important to create a calm and reassuring environment that minimises stress and promotes relaxation. By reducing adrenaline levels, the body can maintain the optimal balance of hormones necessary for labour to progress.

5. The Handbrake (Stimulation of the Neocortex): The neocortex, responsible for language and rational thinking, acts as a handbrake during labour. Stimulation of the neocortex through conversation, decision-making, or excessive external input can interfere with the labour process and stall progress. In contrast, a more primitive part of the brain takes over during labour, reducing neocortical activity and allowing the body to focus on the instinctual and rhythmic nature of labour. Providing a calm and quiet environment, minimising unnecessary conversations or distractions, and allowing the labouring person to enter a more intuitive state can facilitate the natural flow of labour.

By promoting relaxation, minimising stress, creating a dim and peaceful space, and providing emotional and physical support, individuals can help optimise the hormonal balance, leading to a smoother and more positive birth experience.

Cristina Freniche, Pregnancy Yoga teacher and Birth Rehearsal workshop facilitator at My Yoga Corner, Northstowe

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Support groups



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Starting Solids (weaning)
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<https://myyogacorner.uk/>
MyYogaCorner@gmail.com
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A&E is not an alternative to a GP appointment. If we are closed, please call 111.

Bank Holiday

Please note the surgery and pharmacy will be closed on bank holiday Monday 28th August.

Everyturn talking therapies

Everyturn talking therapies are a non-profit organisation and proud to provide free talking therapies on behalf of the NHS. Therapists are fully qualified and accredited experts in a wide range of therapies.

We know it can be difficult to ask for help. But if you feel like you're struggling, it's really important to get the right support. Everyturn talking therapies can help you to understand your problems, work through difficult feelings and find tools and techniques to help you feel better.

They offer a range of talking therapies, including counselling, cognitive behavioural therapy (CBT), and digital therapy. The best option for you will depend on your situation.

No GP referral is required. Contact them directly by filling in the form on their website everyturn.org/talking-therapies or call 0300 555 0888.

Arriving late for your appointment

Please be aware that if you arrive late for your appointment, you may not be seen. The clinician may instruct our reception staff to rebook for another time.

Appointments

Unfortunately, all our pre-bookable appointments and those available on the day do get allocated very quickly and we are aware of the frustration this causes. It may be worth looking online for pre-bookable appointments in the weeks ahead.

We have 3 months' worth of appointments available at a time for patients to pre-book for routine problems, as well as holding some back, for on the day appointments.

We also have our online triage system on our website, and there is also NHS 111 for non-urgent support on the day. A&E is for urgent care only.

We are no longer allowed to ask you to call back another day. Please respect the receptionist's directions and advice about which alternative pathways are most suitable for you, when our service is at capacity.

Fear of flying (Flying phobia) prescriptions

We are often asked to prescribe sedative drugs, such as diazepam (Valium), for fear of flying. We have recently agreed a practice policy that we will no longer prescribe these drugs for fear of flying.

There are a number of good reasons why prescribing of drugs such as diazepam is not safe or recommended as other treatments are safer and more effective.

We recognise that fear of flying is real and frightening and we don't underestimate the impact it can have. We recommend tackling this properly by using self-help resources or considering one of the 'Fear of Flying' course run by many airlines. We do not recommend any specific course but you may find the following websites useful.

- NHS:
www.nhs.uk/mental-health/conditions/phobias/self-help/
- EasyJet:
www.fearlessflyer.easyjet.com
- British Airways:
www.flyingwithconfidence.com/courses/venues/glasgow
- Virgin:
www.flyingwithoutfear.co.uk/fear-of-flying-courses/adult-course

Heatwave and very hot weather

Most of us welcome hot weather, but when it's too hot for too long, there are health risks. In England there are on average 2000 heat related deaths every year. If hot weather hits this summer, make sure it does not harm you or anyone you know.

Why is a heatwave a problem?

The main risks posed by a heatwave are:

- not drinking enough water (www.nhs.uk/conditions/dehydration/)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke (www.nhs.uk/conditions/heat-exhaustion-heatstroke/)

Who's most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people – especially those over 75
- those who live on their own or in a care home
- people who have a serious or long term illness – including heart or lung conditions, diabetes, kidney disease, Parkinson's disease or some mental health conditions
- those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with Alzheimer's disease
- people who spend a lot of time outside or in hot places – those who live in a top floor flat, the homeless or those whose jobs are outside

The top ways for staying safe when the heat arrives are to:

- look out for others, especially older people, young children and babies and those with underlying health conditions
- close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- drink plenty of water as sugary, alcoholic and caffeinated drinks can make you more dehydrated
- never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- try to keep out of the sun between 11am to 3pm
- take care and follow local safety advice, if you are going into the water to cool down
- walk in the shade, apply sunscreen and wear a hat, if you have to go out in the heat
- avoid physical exertion in the hottest parts of the day
- wear light, loose fitting cotton clothes
- make sure you take water with you if you are travelling

For more information please visit:

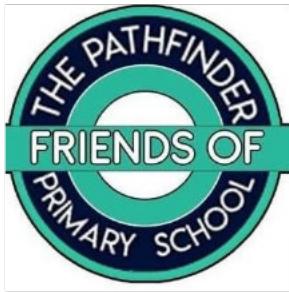
<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather>

Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting on **Weds 2nd August** at Willingham Surgery, where we will be holding a drop in meeting **between 2pm and 4pm**. Please come along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely **FREE!**

Meetings are held on the first Wednesday of every month at Willingham Surgery. Please contact Sue Lawson at the surgery or email her at susan.lawson7@nhs.net for more information.

Lisa Smith – Assistant Practice Manager



The Fops team have been busy painting the fences around pre school and reception play areas, this started as part of the King's coronation volunteer day on Monday 8th May and took another 2 sessions over May half term, we are really proud of our hard work and love the school colours being displayed! There is some paint left for future projects so watch to see what we paint next!

The Mary Poppins shows on the 14th and 15th of June were AMAZING! The children have worked so hard at learning their lines and all the songs! Both evenings were well attended, and the raffle was a success! Thank you to local businesses who gave us raffle prizes.

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FXP GAME DEVELOPMENT COMPETITION

Students from Northstowe Secondary College were among the crowned champions of FXP Festival 2023, Cambridgeshire's biggest game development competition for students aged 12 – 19.

Over 420 students from 22 schools from across Cambridgeshire entered the competition and teams were challenged with creating their own game based around this year's theme of 'Nikola Tesla'. More than 80 games were submitted and shortlisted games were judged by a team of experts, including Mark Ogilvie from Jagex, Jasmine Moore from PlayStation London Studio and Michael Killick from Rizing Games.



The games were judged based on the three core elements of game development: narrative, design and production, with a 'Best in Class' award available for the best overall game in the Year 8 – 11 category. *Team JTJ* from Long Road College claimed victory for Best Game in the Further Education (FE) age group and *Invent* from Sharnbrook Academy scooped the Best in Class for Year 8 - 11.

The winning Year 8 - 11 teams for each category this year are:

Best Game Narrative –
Wilting, Northstowe Secondary College

Best Game Concept and Design –
Tesla's Lab, Sawtry Village College

Best Game Production –
Invent, Sharnbrook Academy

The winners received prizes generously donated from Activision Blizzard, The British Games Institute, SportsInteractive, Sketchbook Games, GameMill, Maximum Games and Duco.

Jagex Creative Director, FXP Festival Trustee and Judge, Mark Ogilvie, said: "I have loved looking through this year's submissions – it has been so inspiring. Many of the ideas were very thoughtful; the teams really understood the heartache and oddities of the life of an inventor. They showed real brilliance at points – Tesla himself would have been proud!

"Some of the obscure concepts included visiting feudal Japan with inventions, rescuing kidnapped pigeons, Tesla trying to reanimate his dead wife in a Frankenstein style crossover, two-headed weapon-wielding chicken men... and a deer who discovers new energy sources through trees. The future of games development is in safe hands!"

Alison Taylor, FXP Festival Co-founder, Trustee and Managing Director of Conscious Communications, said: "Conscious Communications, the driving force behind FXP Festival, has delighted in delivering another successful FXP Festival. I'd like to congratulate all of this year's winners, but also commend each and every student who took part, as well as their dedicated teachers for supporting them through the process. I know that the world of game development can seem like a daunting place, but there really is space for people with a broad range of skillsets."

"Thank you to all of our judges, industry experts, sponsors and prize donators for their support in delivering Cambridgeshire's biggest free school game development festival."

To find out more about FXP Festival or to get involved with next year's event, visit: fxpfestival.com.



Northstowe Secondary College

We continue to be very busy in school as we head towards the end of term and prepare for the new academic year!

One of our Trust values is 'extending the boundaries of learning' and students have had a number of enrichment and curriculum linked trips and activities this term. In July, some Year 9 and 10 students had the opportunity to visit the Somme region of France as part of a French-History trip. For students of French, this trip was designed to immerse them in a French-speaking environment to

boost their speaking, listening, and reading skills. For History students, they gained a greater appreciation of the scale and nature of battles fought in World War I for their Depth Topic in Medicine Through Time. Year 7 have visited Warwick Castle, on a glorious day. They had the chance to walk around the castle, on the battlements and see the dungeon as well as watching a falconry display. Our Year 7 were polite, making way for other visitors and listening to instructions and demonstrating our NSC values of Kind, Curious and Hardworking all day. Year 8 students had a fabulous opportunity to visit Harry Potter World and do a workshop on scenery and costumes. It was a great day out, where students got up close to real life Harry Potter items. Our Year 9 art students also had the opportunity to go to Wysing Art studios in Bourne and completed a workshop with an artist. We do have some talented young people with very creative minds. We know that education is broader than just the academic subjects and we have had a number of careers events for all years, and a 'What to Expect in the Workplace' workshop for our Year 10's, to prepare them for their work experience placements, which they completed in early July. Thank you to all employers who hosted a work experience placement for our students, we really appreciate your support.



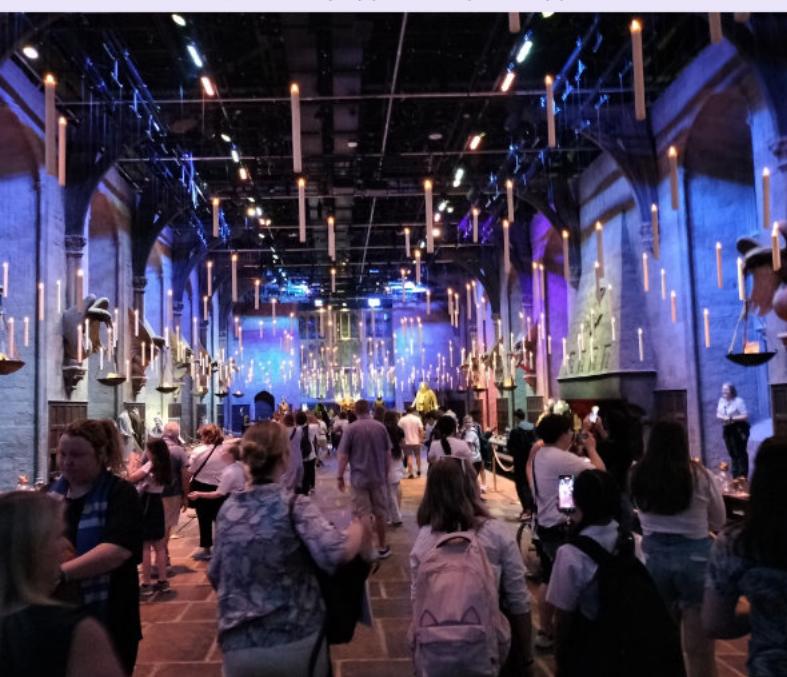
Our sports department have also given our students a number of opportunities too. In June, some of our students took part in the Meridian Trust Athletics Festival. This event saw all secondary schools from the Trust competing at Bedford International Athletics Stadium. The event was busy with approximately 500 students competing. We are so proud of all our students, in particular, two of our students who broke the Meridian Trust record for their distances on the discus and now go onto the Trust Role of Honour!



It is an exciting time of year for us as we welcome our new Year 6 students to the college. In addition to the 25 students that have joined the college during the year, we will welcome 151 new students to Year 7 in September. We enjoyed meeting families at our recent 'Meet the Tutor' evening. Year 6 students did a scavenger hunt, while our House teams spoke to their parents, then both students and parents met their new tutor.

We were so impressed at the Meridian Trust East Hub Performing Arts Showcase in June, when primary and secondary students came together from the Eastern section of the Trust to put on a phenomenal performance, including show songs, choirs, dance, drama and solos!

We wish all of our families and community a happy and healthy summer, and look forward to seeing our students back to school in September!





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SJP1710d B1 (03/22)

SJP Approved 30/01/2023



Community Groups and Social Events

WHAT'S ON IN NORTHSTOWE

PLEASE ASK FOR LOCATION UPDATES

Some groups may start meeting in the Community Centre after we went to print.

MONDAYS

Youth Café

A space to enjoy with friends. From Northstowe Youth Hive and Romsey Mill. 3:30-5pm in the gym at NSC - secondary age young people are welcome to pop in after school

Tang Soo Do (£)

Family-friendly martial arts club. Tiny Tigers class for 4-6 year olds at 4pm followed by a junior class for 7-11 year olds from 4:45pm. Email enquiries@Northstowetsd.co.uk

Over Power (£)

Fitness, Strength, Conditioning circuits. We help ladies to tone up, lose weight and feel great. PFPS playground, 6pm & 7pm. www.overpowerfitness.com overpowerfitness@outlook.com

Football (£)

Turn up and play, welcome to everyone. 7 a side and 9 a side £6.25 per week. Adults session 19:15-20:15 at NSC george@kickstartactivelife.co.uk

Tai-Chi (£)

Weekly relaxation and inner peace. 19:30 at the PFPS. To book please email malcolmssavannah233@gmail.com

Social Run

Longstanton and Northstowe Limpers social run meeting on The Green at 19:30 <facebook.com/LandNLimpers>

Book Club

Meet to discuss books in Monday evenings once per month. New members always welcome. www.facebook.com/groups/607693023324785

TUESDAYS

Postnatal Yoga with Baby (£)

Safely rebuild your core and pelvic floor, while allowing your body to release tensions, relax, stretch and strengthen. You can attend at any time after your 6/10 week check, and for as long as baby will stay put. 10:30am at Longstanton Village Hall. myyogacorner.uk

Stay and Play Group

Weekly play-based activities for families with children age 10 months or walking. 10:11:30 am in the Old Community Wing Library at PFPS. Phone 01954 284 672 to book.

Baby Group

Weekly play-based activities for families with babies up to year or crawling. 1 - 2:30 pm in the Old Community Wing Library at PFPS. Phone 01954 284 672 to book.

Huntingdon Hockey Club (£)

NSC Astroturf, 7pm - 8:30pm All abilities welcome. Contact huntingdonhockeyclub@gmail.com

Fastbreak Basketball (£)

Indoor sessions in the NSC Sports Hall, 12 & Under at 6pm, 14 & Under at 7pm northstowe@fastbreakbasketball.co.uk

Northstowe Board Games

Join us Tuesday evenings to play modern-style strategy and tabletop games, anything from Alhambra to Ziemlich Zügig! Starts 7:30pm at 21 Heron Road, CB24 1AS. northstowe.gamers@thecolliers.uk

WEDNESDAYS

Community Lounge

Socialise with neighbours and have access to free Wi-Fi, hot drinks and refreshments. 10:30am - 12:30pm at NSC.

My Yoga Corner Support and Social Group

Attend at any stage of your pregnancy and parenthood journey: Feeding and weaning, Slings and carriers, Cloth nappies and potty training. Social: please come along even if you don't need any specific support! 9:30 - 12:30 at the Community Lounge. myyogacorner.uk

Meet the Community Officers

Come to meet our council Community Development Officers, drop-in any time between 9:30am and 3pm at NSC (come to Reception, but if possible please first email northstowe.community@scamps.gov.uk)

Longstanton and Northstowe Limpers

Sessions starting at 7pm for people that are new to running or getting back into it. <facebook.com/LandNLimpers>

Northstowe Arts Creative Get-Togethers

Time for you to bring your own craft or try something new. Restarting in Autumn at the Community Centre. northstowearts.co.uk

Over Power (£)

(See Monday's entry for details)

PFPS playground, 6pm & 7pm

THURSDAYS

Little Explorers

Time for you, your baby, and God.
For babies, their pre-school big siblings, and their parents or carers. Thursdays 9:30-10:45 in PFPS contact@northstowe.church

Baby Massage 5 week course (£)

Learn techniques to help you bond with your baby, soothe them, help with wind and colic, as well as calming ideas and other topics. You can attend at any time before baby starts crawling, but you will get more benefits the younger they are.

11am at Longstanton Village Hall. myyogacorner.uk

Pop Up Youth Club

Run by Connections Bus Project, with the Northstowe Youth Hive. 4-5:30pm, Thursdays, normally at Pioneer Park (check online)

Tang Soo Do (£)

(See Monday's entry for details)

Ages 4-6 at 4pm, 7-11 from 4:45pm.

Northstowe Table Tennis

All welcome, for any age group and all skill levels. 18:00 - 20:00, 2nd floor gym at NSC www.northstowetabletennis.com

Sustainable Northstowe

Making Northstowe a green, clean, biodiverse and interconnected place for current and future residents. 3rd Thursday of the month, 7pm in Pioneer Park or online (weather dependent). For more info see <facebook.com/sustainablenorthstowe> or email sustainable.northstowe@outlook.com

Pregnancy Yoga (£)

Covering breathing techniques, warmup and yoga poses, deep relaxation with self hypnosis (hypnobirthing) and various birth and parenthood preparation topics.

7pm at Longstanton Village Institute. myyogacorner.uk

Northstowe Cricket Club

Outdoor season underway. Net practice at Fen Ditton Recreational ground, contact northstowecricket@gmail.com northstowe.play-cricket.com/home

Community Lounge

Socialise with neighbours and have access to free Wi-Fi, hot drinks and refreshments. 6pm at NSC. We're planning well-being sessions, language classes and games night.

Fastbreak Basketball (£)

Indoor sessions in the NSC Sports Hall, 10 & Under and 16 & Under at 7:15pm, Adult sessions at 8:20pm northstowe@fastbreakbasketball.co.uk

Over Power (£)

(See Monday's entry for details)

PFPS playground, 7pm.

Clubbercise (£)

Easy to follow dance routines, toning and combat moves with disco lights and glow sticks. 7:15pm at Over community centre. marilynsq@icloud.com

Chicken Soup for the Soul

Stop, Breathe, Pray – 1st Thursday of every month, 8-9pm. www.northstowe.church/pray

KEEP US UPDATED PLEASE!

Spotted any errors, changes, or more groups to be included? Please email northstovenews@gmail.com

Food Trucks

Northstowe foodies hosts food trucks weekly at the Green, 5-8pm Wed-Sun, and Coffee on Thursdays 10am-2pm. Line-ups can be viewed on their page on FB and Instagram [@NorthstoweFoodies](#)

FRIDAYS

Mobile Library

2nd Friday each month, 3:20–4:20pm on The Green. Free to all, join at the vehicle or online.

Judo (£)

Ages 5 to 105 from beginners to Dan grades. On Fridays at PFPS, 5–6pm (under 8s) and 6–7pm (over 8s). For more info contact colinappidojo@gmail.com

Northstowe Jets Basketball (£)

Ball handling, shooting, positioning, attacking, defending, fitness. All skill levels welcome. Every Friday at NSC, 8-9pm northstowebasketball@gmail.com

SATURDAYS

My Yoga Corner Workshops (£)

Birth rehearsal - Breastfeeding - Babywearing and sling library - Starting solids. 10am-12 at Longstanton Village Institute. myyogacorner.uk

Catholic Mass

Visiting priest from Cambridge. 6pm in the Octagon at Bar Hill. For more details contact Bunty Waters 07734 690580 or Fr. Adrian Gates 01223 622699

SUNDAYS

Sustainable Sundays

Information stands, swap events and popup Refill Station with zero plastic waste. 4th Sunday of the month, on The Green.

See <facebook.com/sustainablenorthstowe> or email sustainable.northstowe@outlook.com

Northstowe Market

by Northstowe Town Council.
Wide variety of food and non-food stalls including local business and a hot drinks food van.
10am-2pm outdoors on The Green every week, except last Sunday each month, indoors in Interim Community Facility

Emmanuel Church Northstowe

A growing gospel-centred church serving a growing new community. Sunday morning services for all ages at 10:30, at NSC.

www.emmanuelchurchnorthstowe.org

Pathfinder Church Northstowe

Your local Church of England church with an inclusive ecumenical welcome: praying, exploring, and sharing. Sunday Gatherings 3.30-5pm (normally at PFPS, but check www.northstowe.church)

Ignite Youth Group

Youth group from Emmanuel Church Northstowe for anybody ages 11-14. 5pm alternate Sundays. For venue updates email ignite.ecn@gmail.com or check emmanuelchurchnorthstowe.org

LOCATION ABBREVIATIONS

NSC

Northstowe Secondary College, CB24 1DJ

PFPS

Pathfinder Primary School, CB24 1AA

Loads of activities, games, karaoke, games console, tuck shop, and support and advice from friendly youth workers from **The Connections Bus Project**, responding to what YOU asked of the Northstowe Youth Hive team

Pop Up Youth Club

back at Pioneer Park



Thursdays
4-5.30pm
What3words:
beaks.trendy.tram



11y+

connectionsbusproject.org.uk; Charity No. 1168343
working with the Northstowe Youth Hive (youthnorthstowe.info; @Northstowe_Youth), funded by The Church Schools of Cambridge and bpha

STAY AND PLAY



Contact us to Book

Cambridgeshire Child and Family Centres

- For families with children aged 10 months or walking
- Weekly play-based activities and themes
- Learn about your child's development and enjoy time together
- Meet other parents

Tuesdays 10am
Northstowe Community Centre
CB24 1FD

TELEPHONE: 01954 284 672
CHILDANDFAMILYCENTRE.SOUTH@CAMBRIDGESHIRE.GOV.UK

Thursdays
drop in from 9.15
main session:
9:45-10:45
Pathfinder Primary

for babies, their Pre-school big siblings, and their Parents or carers.

Little Explorers

Time for you, your baby, and God

contact@northstowe.church
new term starts 7th September 2023



Creative Get-Togethers by Northstowe Arts

Creative Get-Togethers are dedicated sessions to explore a variety of arts and crafts. A mix of drop in sessions and introductory taster sessions, they offer you the chance to focus on an activity you enjoy or explore something new.

We've enjoyed:

- Bring your own project
- Portrait Drawing
- Crochet
- Singing
- Jazz
- and more...

Sessions are held weekly with an alternating schedule. Take a look at our website to see what's coming up next.

CREATIVE ARTS GET TOGETHER

www.northstowearts.co.uk

@ northstowe_arts | Facebook Northstowe Arts



Bug Hunter Waters at Sunset. Photo by Hanna Lumley

NORTHSTOWE ARTS

Northstowe's getting creative!

We've had a fantastic few months recently, and lots more to look forward to:

Heritage Sculpture Project

Local artist, Chloe Leaper, has finished working with the Northstowe, Longstanton and Willingham communities to design a mosaic and metalwork sculpture influenced by the heritage of this land: from prehistoric round houses, through Roman shrines, the RAF runway, to the façade of the new Heritage Centre. The mosaic has been made using Roman pottery found in Northstowe before building work began, and it's been fascinating to learn about the history of the area through this project. We're thrilled that the sculpture will be temporarily installed at the Community Centre in Northstowe until the Heritage Centre opens – do pop along to see it!

Creative Get-Togethers

We've really enjoyed these relaxed creative sessions at Northstowe Secondary College that have included monthly jazz jamming and singing groups, bring-your-own-project nights, and introductions to artforms including crochet and simple portraits. We're taking a break over the summer but will start again in the autumn at the Community Centre. Do take a look at our website for all the details to see if something catches your eye; there's no commitment to coming along every week and it's a great way of having a little "me-time", improving your wellbeing in a friendly environment. Have you got an idea for a future session? We'd love to hear it! Get in touch at hello@northstowearts.co.uk

Arts on Prescription

We're delighted to be working with Cambridge-based charity, Arts and Minds, to bring their Arts on Prescription programme to Northstowe this Autumn. This 12-week programme of arts workshops for adults experiencing mental health challenges, including anxiety and depression, provides friendly and inclusive spaces where previous experience of art is not necessary and newcomers to the arts are encouraged! Find out more on our website; if you have any questions or would like to join the programme, please email admin@artsandminds.org.uk. Arts on Prescription is a referral programme, which means that we ask you to discuss with your GP or another health professional, and complete the referral form together.



NORTHSTOWE HUB

New Term New Community Facilities!

SCDC's temporary community centre on The Green will start to be available over the summer. Watch this space for news of Pioneer Café re-opening on a Wednesday morning, along with the much missed micro library! In partnership with other groups we are organising an afternoon and evening to celebrate the new facility opening, and showcase some of the activities that will be available. The event will end with an evening "pub quiz" - see you there?



DON'T MISS IT!

NORTHSTOWE COMMUNITY CENTRE OPENING EVENT

Evening "Pub Quiz" Food Art Displays

SATURDAY 30TH SEPTEMBER
FROM 3PM

Activities for all ages Find out about Community Groups Music

Drinks

VISIT NORTHSTOWEHUB.ORG FOR
MORE INFO

SUPPORTED BY:
South Cambs District Council, Northstowe Town Council, Northstowe Arts, Sustainable Northstowe, Northstowe Sports and Wellbeing, Local Faith Groups, Stardust Academy, Northstowe Foodies, Lngstanton and District Heritage Society and others...

Organised by Northstowe Hub C.I.O. No:1203787

**1 THE GREEN
PATHFINDER WAY
NORTHSTOWE
CB24 1FD**



Want to get more involved in your community?

Do you enjoy chatting to people? Fancy helping host in the café space or community lounge? Green fingered—fancy helping develop the outdoor space? Interested in helping steward events? Drop us a line and we can get you connected with others to help with various community projects.



northstowehub.org



info@northstowehub.org



facebook.com/northstowehub

SWAVESEY CAMERA CLUB

Are you interested in getting more from your photography whatever your level? Come along to Swavesey Camera Club. So whether your camera is a mobile phone, basic compact camera or the latest digital SLR our programme is designed to help you get the best out of it. We are always keen to encourage new members to join and pride ourselves on being a very friendly, welcoming club with activities to suit all abilities. We will be meeting in person from Thursday 7th September 2023 onwards. We will also continue to live stream and record the meetings via Zoom for those unable to attend in person on the night. So no member will miss out on our meetings.

Our first meeting - "Welcome evening" of the new season 2023 / 2024 will be on **Thursday 7th September 2023** from 7.00pm till 9pm. This first meeting is FREE to attend for non-members, so do come along and find out more about our club.

Our full 2023/2024 programme will be available to view on our website soon. We will be having guest speakers, internal competition evenings and also members evenings all of which are designed to inspire you. Some of the guest speakers will be talking about - wildlife, landscape, monochrome, creative, social documentary photography and camera techniques such as long exposure photography and more. There will be some photography software talks as well. So there will be something for everyone!

Full membership for the whole season - Adult £68
Concessions £55, Youth £20.
Non members - £4 per visit on the night.



Colourful flower (photo taken on a compact camera) by Maggie O'Moore

Meetings take place at Swavesey Village College in the Global Environment Room. For more information go to the club website www.swaveseycameraclub.co.uk. There is also a "CONTACT US" form on the website to get further advice about joining the club.

Hope to see you there!

Maggie O'Moore, Committee member

LONGSTANTON VILLAGE MARKET

Since we held our Spring Market, the summer has really come into full swing, with some record temperatures – who doesn't love a sunny day to browse the market stalls. However don't forget, whatever the weather the market will go ahead, so please continue to show your support.

We are proud to have such a variety of handmade goods, including home-grown flowers and home-baked cakes. If you have never visited you are certainly missing out! We have some lovely regular stalls, but often have a few guest sellers at each market too.

Our stallholders have all been having a very busy summer at various events, however they are looking forward to coming back the Village Green (next to the Co Op) for our Summer Market, on **Saturday 19th August**, 10am to 12.30pm.

We always welcome new applications from local crafters, independent producers, community groups and charities - if you would like to join us on the green please email longstantonvillagemarket@gmail.com



Longstanton Village Market,
The Village Green, Nelson
Crescent (next to Co-op),
Longstanton.

Follow us on Facebook
[/longstantonmarket](https://www.facebook.com/longstantonmarket) for the latest event updates.



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WWW.WILLINGHAMSOCIALCLUB.COM

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Thursday to Saturday Evenings our Lot 25 Bar becomes a bustling hub, serving a variety of beers, wines, gins cocktails & more alongside your favourite food trucks (Fri-Sat) & monthly entertainment and events.

Find us at 25 High Street, Willingham and enjoy our inside and outside dining areas.

We are also dog and child friendly please feel free to bring the entire family.

www.willinghamauctionscafe.com
email: hello@willinghamauctionscafe.com
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OVER DAY CENTRE

Very many thanks to everyone who supported this year's bike rides and the riders who enjoyed the rides of 100k, 50k and shorter family rides, enduring a very hot day. With the two rides from Northstowe and the three from Over, 123 riders joined us with nearly £3,000 raised for the Day Centre, towards solar panels and new bathing facility for clients.

We hope that the photos capture the spirit of the rides as well as the 'after-party' held at Over Community Centre!



Ride completed – family success!!
Photo kind courtesy of Julian Eales, Eales Photography



The 100k ride start – anticipation high!! Photo kind courtesy of Julian Eales, Eales Photography

Thanks to our most generous sponsors Law & Lewis, Joiners; Cambridgeshire Bathrooms; Redmayne, Miller, Rees, Estate Agents, Swavesey Physio and Fen Edge Community Association met event expenses so that every penny from rider donations went to the Day Centre.

To Tom Miller, First Aider; Darryl Bass, Passionate Flowers, Broom Wagon; and Brucies Bikes, Mechanical Support; to Tesco, Bar Hill for drinks & snacks for the family rides; to the Over Community Centre for the BBQ & bar with live music from RPM; to all local businesses who so generously gave raffle prizes; to Julian Eales, event photographer; and to the registration teams, rides marshals and sweepers who helped the event run smoothly.

Finally, we must thank Willingham Wheels and Swavesey & Over Cycling Club for planning, risk-assessing and signing the rides and to the Day Centre Trustees who organised publicity and helpers.

We hope you can join us for next year's rides, provisionally **Sunday 30th June 2024**.

FRIENDS OF ST. MICHAEL'S CHURCH



Interesting Times at St. Michael's

Earlier this year, it seemed that 2023 was not going to be a particularly eventful year at St. Michael's Church. However, a coronation celebration on a glorious May day started what we hope is going to be another year of community events for all to enjoy.

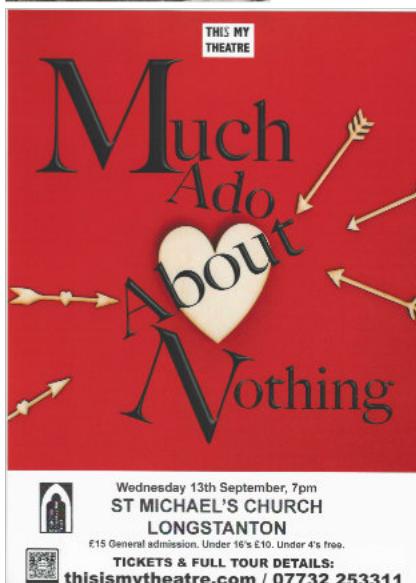
St. Michael's provides a very special, tranquil environment to contemplate all things spiritual, history and connections with family past. The visitors book and encounters in the churchyard serves as reminders that

we have an unassuming yet historic building in our midst. One visitor this year, a lecturer from Philadelphia, can remember a pen and ink drawing of 'St. Michael's Church, Longstanton' on the wall of his grandmother's house in Philadelphia. Such was the memory that he was compelled to come and explore the area, and St. Michael's, whilst still pondering the mystery of where that picture came from. Sadly, the questions remain. The coincidence of Philadelphia is not lost as our humble church building provided the template for a gothic revival of church building in the United States. We have continued to forge a friendship with the church community of St. James the Less.

Our theatre events will continue – Norwich based theatre group Quill and Inkling will bring a performance of Don Quixote on August 10th at 6:30pm (www.ticketsource.co.uk/quill-inkling) whilst This Is My Theatre bring another Shakespearian classic – Much Ado About Nothing to St. Michael's on 13th September (www.thisismytheatre.com).

With a building of such age, stories and mysteries abound; the latest mystery is the appearance of an African sculpture on the wall at St. Michael's. We would love someone to inform us of its significance; contact fosm2017@gmail.com.

We look forward to welcoming people at the upcoming events.



Hindu Samaj Northstowe (HSN)

Summer is here and our Hindu Samaj calendar has started looking very busy once again. We have already started preparing for our most awaited utsav or celebration of the year, Ganesh Chaturthi. A Hindu festival that celebrates the rebirth of Lord Ganesha, the elephant-headed God who brings prosperity and wisdom. This festival is observed on the fourth day of the Bhadrapada month, as per the Hindu lunar calendar, and usually falls between August and September in the English calendar. Experience the vibrant traditions and cultural diversity of Ganesh Chaturthi in Northstowe! Join us for an unforgettable celebration filled with joy, music, and delicious food. We invite people of all cultures and faith to come together and embrace the spirit of unity. Be part of the festivities as we honor Lord Ganesha and create cherished memories. Join us as we embark on a colorful and lively procession through the streets of Northstowe. Adorned with vibrant decorations, traditional music, and dance performances. Don't miss this opportunity to celebrate and learn about the rich heritage of Ganesh Chaturthi in our community.

Upcoming Festivals

Rakshabandhan - Wed. 30th Aug

Janmashtami - Wed. 6th Sep

Ganesh Chaturthi - Tues. 19th Sep



On Mon, 3rd July we celebrated Guru Purnima, a reminder of the eternal importance of knowledge, learning, and the revered Gurus who selflessly share their wisdom with the world. Disciples offer prayers to Lord Shiva and Lord Vishnu. Our young Sanatanis remembered the age-old guru-shishya tradition by honouring their Carnatic music guru Mrs. Aishwarya.

This summer Hindu Samaj Northstowe and Vidya Foundation UK are joining hands to organise a **Hindu Heritage Summer Camp**. The summer camp will bring the wealth of Indian philosophy, the Indic faiths, the history of Hindu India, Hindu temples, the meaning behind our rituals and traditions, and an understanding of the Hindu calendar through our festivals. Check out our social media for further details.

**Ganesh Utsav
Northstowe**

Ganpati Bappa Morya!

22nd Sep - 24th Sep 2023

Join the celebration

[HinduSamajNorthstowe](#) hindusamajnorthstowe@gmail.com

HINDU HERITAGE SUMMER CAMP

for young sanatanis

Age : 6 - 15 years

Date & Time - TBC

Yoga, Shlokas, Stories, Games, Discussions, Art & Craft

Free to join - Everybody welcome!

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NORTHSTOWE MUSLIMS

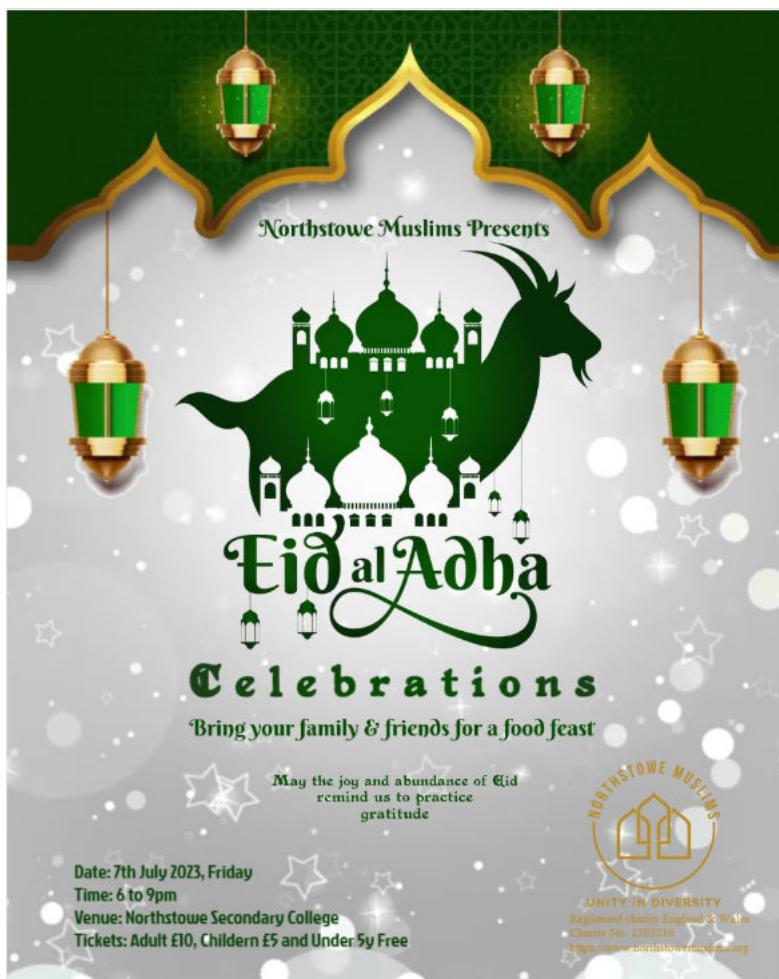
Hajj & Eid Al Adha

The Pilgrimage and The Festival of Sacrifice

In June this year, Muslims worldwide celebrated Eid Al Adha, the Festival of Sacrifice, culminating the end of the Pilgrimage season which takes place every year during the first ten days of the twelfth month (named Dhul Hijjah meaning 'the month of pilgrimage') of the Islamic calendar. Northstowe Muslims celebrated this Eid with the wider community by gathering at the Northstowe Secondary School on the 7th July.

The pilgrimage is an expedition to the Holy region in Mecca performed by Muslims from all over the world to participate in this spiritual gathering. It is the fifth pillar of Islam and is prescribed upon every capable Muslim once in their lifetime and is mentioned in the Quranic verse:

'And proclaim to the people the Hajj; they will come to you on foot and every lean camel, they will come from every deep and distant pass' [Al Hajj: 27]



The rituals of the pilgrimage symbolise humility, equality, diversity and unity removing all barriers between people. Pilgrims dress in simple plain white gowns and perform the rituals of the Hajj in utmost humility. All differences between them are put aside as they witness the importance of life here on earth, and the afterlife, by stripping away all markers of social status, wealth and pride.

Perhaps, the most obvious act of pilgrimage is the act of Tawaf or the Circumambulation around the Kaaba which is the cubic stone shrine, built, upon orders from God, by Prophet Ibrahim (Abraham) and his son Ismail (Peace Be Upon Them) as a direction for our daily prayers. However, the most synonymous ritual of the Hajj is the pilgrims gathering at Mount Arafat which is a site where pilgrims spend the whole day from dawn to dusk worshipping Allah and praying.

The culmination of Hajj represents the start of Eid, which is celebrated over 4 days. Eid Al Adha is symbolic of an important story in Islam as it celebrates the willingness of Prophet Ibrahim to sacrifice his son Ismail (peace be upon them) in obedience to a command from Allah. The day of Eid usually starts with prayers at the local mosque where Muslims gather in their best possible clothes, and the remaining part of the day is then spent with family and friends to enjoy the festivities. However, it is called upon Muslims not to forget the less fortunate, and therefore they are asked to share 1/3rd of the meat with the poor, in addition to giving charity.



Website: www.northstowemuslims.org

Twitter: <https://twitter.com/NorthstoweM>

Facebook: <https://www.facebook.com/Northstowe-Muslims-111484854961736>

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Emmanuel

CHURCH
NORTHSTOWE

An interview with *Andrew Thompson*, Emmanuel church member and keyboard player.

Why do Christians always sing? Have we just not grown out of school assembly?

I would say that there's something that songs can do that nothing else can: it's a way of expressing how much the things we believe mean to us. Singing helps us to express a range of emotions, such as enjoyment of God's love, sorrow at our failings and trust in the midst of suffering. It's a bit like how people sing at a football match because they love their team!

Singing together also brings us together in a profound way. Because of our faith, we have so much in common, and there's something about hearing others sing about things that are precious to you as well which is really helpful.

There's a verse in the Bible that says something similar:

"Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts."

– Colossians 3:16 (NIV)



If I come to Emmanuel will I have to sing?!

There will certainly be singing, but no: everyone is free to take part in as much or little of the singing as they want. We're very happy for people to just come and listen and observe what's going on.

Who leads the singing at Emmanuel?

We normally have a music group of four or five people – usually including singers, a keyboard player and a guitar player, but also some other instruments. Occasionally we just have recorded music.

What's your favourite church song?

I love songs that are realistic about the struggles of life, and there's one song we sing called "Out of the depths" (by Bob Kauflin) which helps me to be honest about how I really feel, but then to tell God that I'm still trusting him.

You can find more information on our website: emmanuelchurchnorthstowe.org

If you have any questions about Emmanuel or want to get involved, please visit us any Sunday (10:30am, Northstowe Secondary College) or email contact@emmanuelchurchnorthstowe.org

All Saints Church, Rampton Road, Longstanton is the neighbouring parish church of Pathfinder Church, Northstowe, within the Church of England.

Sunday services in All Saints are held at 9.30am as follows:

All Age service on 1st Sundays
Holy Communion on 2nd, 4th & 5th Sundays
Morning Praise on 3rd Sundays

The primary contact person is:
Rev'd Lucy Cleland
Team Vicar in 5folds
Serving in Longstanton, Over, Willingham and Swavesey.
T: (01954) 277758 E: lucy@5folds.org.uk



Catholic Church

Parish Priest: Fr. Simon Blakesley
St Laurence's Church, 91 Milton Road, Cambridge CB4 1XB

Phone: (01223) 704640

Live streaming available.

Mon, Tues, Thurs, Sat: Mass 9.30am
Wed, Fri: Mass 12.30
Sat: Vigil Mass 6.00pm
Sun: 0800, 9.30 and 11.00am

1st Friday of each month, House Mass locally 7.00pm.
Please ring on above phone number for details of where this is being held.



PATHFINDER CHURCH NORTHSTOWE

praying, exploring, and sharing

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Celebrating Community

With so much sun, we've been enjoying joining in with many outdoor events. There was much fun and laughter when we ran a Cheering Post 1km from the finish at the Northstowe Half. We marked Pentecost with our now-traditional kite making-and flying, and spread biodegradable glitter as we prayer-walked Northstowe. During the Great Big Green Week, we enjoyed partnering with Sustainable Northstowe, Northstowe Scouts, and Northstowe Town Council to organise a wide-ranging litter pick. And our blue-t-shirted team of cyclists braved the heat for the Over Day Centre bike ride.



see our website



Summer Adventures

During August, you'll often find us out and about on adventures, sometimes in the school field, sometimes further afield – *check social media for more*. Plans include BBQs, prayer walks, and the opportunity to paint the Wellbeing Shed together. We're camping at the Greenbelt Festival on 24th–27th Aug as we celebrate artistry, activism, and belief. We'll be at community events too, including taking the Deckchair Listening Project down to the Northstowe Running Festival on 2nd Sept – so, if you see us, why not “put your feet up” and tell us “what's on your mind”? We'll wrap up the Summer by hosting an Afternoon Tea to start the new term well: 3.30pm Sunday 3rd Sept in the Pathfinder Primary School Hall.

September's Re-grouping

Once the schools are back, our normal term time activities resume. We'll be in Pathfinder Primary most Sunday Afternoons – except when we visit our Parish Church in Longstanton on Sept 17th. Sign up to the eNews to stay up to date bit.ly/PathfinderChurchNews



A Celebration of Partnership - with space for you

Already, people from across the Christian traditions and those new to faith are putting down roots in Northstowe and finding ways of being church in this time and place. We have long been supported by Churches Together in Cambridgeshire. This is now becoming a formal Partnership that encompasses Baptists Together, The United Reformed Church, and the Church of England. We have a growing friendship with the Quakers, as well as ongoing links with other Christian traditions.

The initial worshiping community, Pathfinder Church Northstowe, is well known in Northstowe for interactivity, intergenerational worship, inclusivity, and getting stuck in with community activities. But we recognise that there are many ways to worship and live out our faith. Now, in response to what God is doing, and the size of the opportunity in Northstowe, we are praying, planning and preparing for What Comes Next. And we can't do this alone!

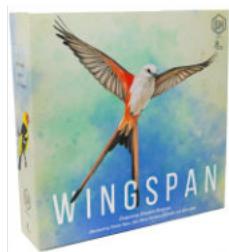
Whatever your background, but especially if you have Baptist, URC or Anglican roots, now is the perfect time to join us in praying, exploring, and sharing... Why not get in touch with Revd Beth or Revd Stephen?



GAME OF THE MONTH

It's late summer. The days are hot, the evenings are long, the skies are blue, and the cuckoos and swifts have already packed their bags for a 6000-mile flight south into Africa. But even though they have left our gardens, you can still see them in Northstowe if you open up the game we're reviewing this month: Wingspan.

Wingspan is a game about collecting bird cards, and placing them on your mat in the three rows which represent different habitats. Each turn you can use one row; using the Wetlands lets you draw more cards, using the Grasslands lets birds lay eggs in their nests, and using the Forest lets you collect food tokens (which are used to play cards onto the mat). The row action gets better when more birds have been played on it; with more birds, you can collect more tokens or cards. But also, many of the birds have extra abilities and actions, and those all come into effect every time you activate their row.



Wingspan is designed by Elizabeth Hargraves and published by Stonemaier.



The production values of Wingspan are outstanding. Every card has unique artwork, each depicting a different bird (all the birds in the base game are ones from America, but the European expansion contains lots of Britain's most familiar species). The egg tokens come in several pretty colours, for no particular reason. But most striking of all is the large three-dimensional bird feeder, into which you throw the dice to help randomise them.

Wingspan's gameplay and replayability is excellent as well, and we can easily see why it won the coveted "Kennerspiel des Jahres" award in 2019. The rules are fairly easy to pick up, but there are so many cards with different effects that every game is different because they combine in new and different ways. Also there are lots of different goal cards, and different scoring criteria for each time you play. It can be tricky to find the best combos, but really satisfying when you use the powers to do multiple things every turn.

Is it your strategy to hatch a plan in advance, or just wing it? Either way you'll have a hoot if you play Wingspan at boardgamearena.com, or join us on a Tuesday evening – for details search FaceBook for "Northstowe Gamers" or email northstowe.gamers@thecolliers.uk

Andrew and Sarah Collier

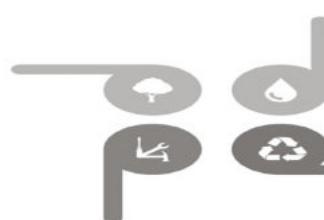


**Northstowe
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Online and in-person
board gaming meet-ups
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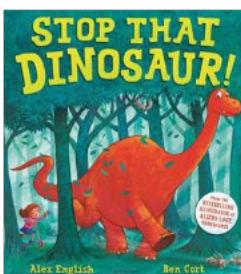
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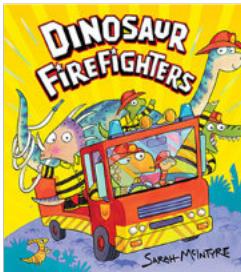


BOOK REVIEWS



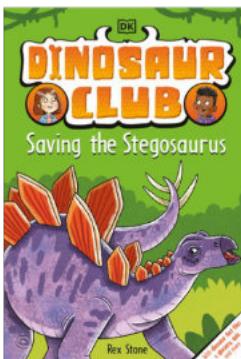
Stop that Dinosaur by Alex English and Ben Cort

A little girl's granny is kidnapped by a brontosaurus in this picture book. What follows is an uproarious chase, that includes all the elements of the best books for the very young, humour, rhyme, repetition, an infectious refrain, a moral and a happy ending in which the dinosaur learns not to steal and the little girl discovers the joys of sharing.



Dinosaur Firefighters by Sarah McIntyre

This picture book combines two passions of many small children. Dipsy the Diplodocus has an interview and joins the fire service. She doesn't quite fit in, and makes some hilarious mistakes, but all comes right in the end when her special skills save the day. This is a fun book re-enforcing the message that we are all different and have individual characteristics and skills.



Dinosaur Club: Saving the Stegosaurus by Rex Stone

For slightly older children, this is one of an adventure series in which Jamie and Tess, junior dinosaur experts travel back in time to the Jurassic Period and save a stegosaurus egg. The book has just enough storyline to engage a young dinosaur enthusiast and is full of factual information.

All of these books are available to borrow through Cambridge Public Libraries.

Kathy Fountain

BOOK CLUB

Northstowe Book Club meets once a month on Monday evenings at 7.30pm on Zoom. New members are very welcome to join us as we read the following books:

- **Cambridge Blue** by Alison Bruce 14th August
- **Hamnet** by Maggie O'Farrell 18th September

In October we plan to each read a different book and discuss at our meeting. This would be a good time to join if you are a keen reader even if you don't have a lot of time for reading.

More information is available on our Facebook page.

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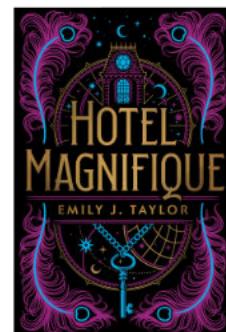
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Hotel Magnifique by Emily J Taylor is a YA fantasy about a girl named Jani who is trying to find a way for herself and her younger sister Zosa to return to their idyllic childhood home from the city where they now live. She decides they should find jobs at the magical Hotel Magnifique: a hotel that can teleport from place to place and is the only place magic is safe to use. Zosa is hired as a singer and Jani manages to persuade Bel, the man sent to fetch her, to take her along too. However, once inside Jani and Zosa are separated and Jani discovers the hotel is a lot more dangerous than she thought. Now she has to find Zosa and escape while also dealing with her complex feelings towards Bel.



The highlight of the book is Jani's devotion to Zosa. Her romance with Bel plays second fiddle and sometimes felt a little thin and obligatory, but it was convincing that they at least had sexual chemistry and I could see why Jani was intrigued by him and him by her. Jani also forms interesting relationships with other people who work in the hotel, which adds a lot of weight to the climax as she's able to call on the connections she's made.

I would recommend it for the middle to older end of YA. There are some violent scenes, one involving a child, and some light horror in places though most of the horror is implied.

Becca Edney

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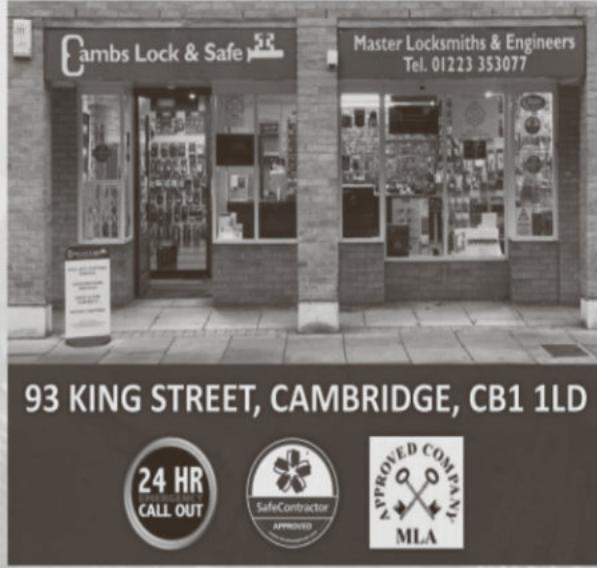
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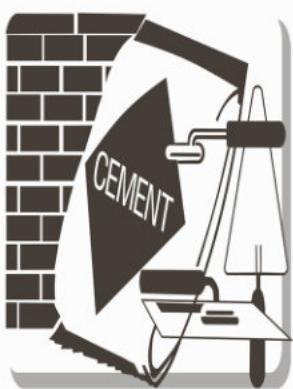
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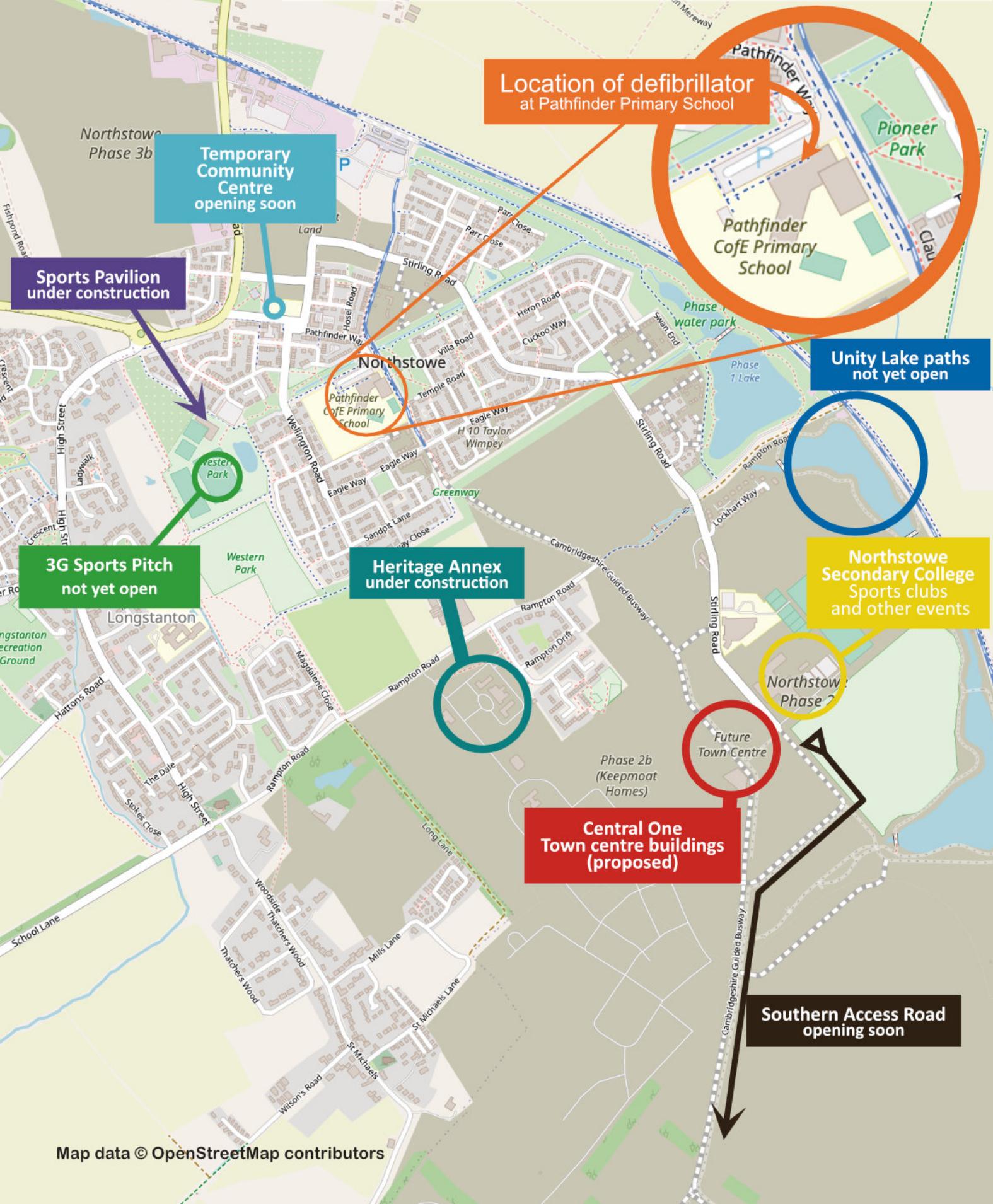
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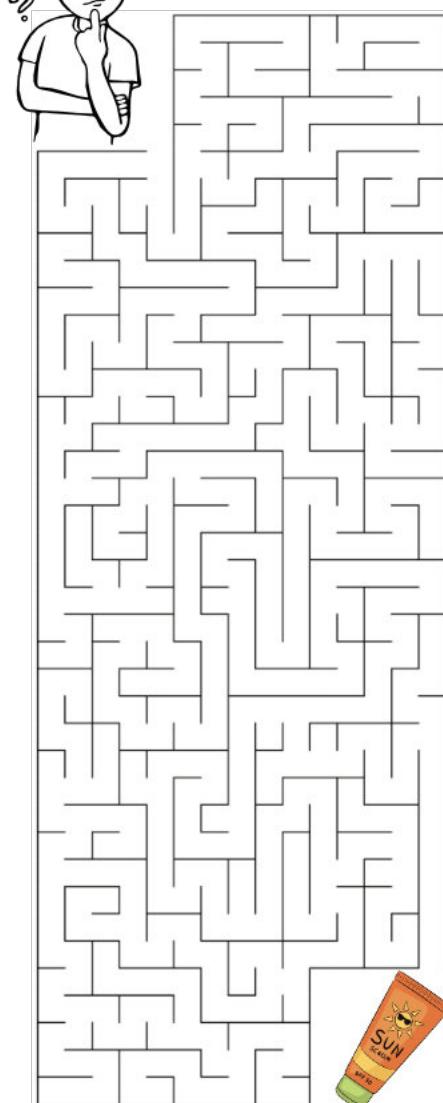
Puzzles and Colouring



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Summer Maze

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that sun cream?"



Sunscreen vectors by vecteezy.com

BACK-TO-SCHOOL WORD SEARCH

Can you find all these items in the grid?



HINT: The list of words is at the bottom of page 32

Q	H	K	C	R	E	N	E	P	R	A	H	S	S	K	E
V	S	O	R	Q	T	K	R	C	O	M	P	A	S	R	
H	C	O	P	P	U	Z	L	N	G	J	R	V	P	A	
P	I	B	L	L	A	B	T	O	O	F	O	J	Z	C	
E	S	T	P	S	L	X	M	E	Q	R	T	B	V	P	
N	S	X	E	A	O	D	D	U	O	K	R	G	I	J	
C	O	E	R	B	L	R	S	T	K	S	A	L	F	E	
I	R	T	A	K	Z	E	A	O	O	E	C	F	K	L	
L	S	L	S	K	O	L	T	S	F	R	T	Y	C	T	
G	L	U	E	O	U	O	T	E	F	O	I	A	T	P	
E	V	B	R	C	E	C	B	P	E	H	R	H	P	O	
G	W	A	L	L	A	A	A	E	U	Q	O	R	K	B	
O	D	A	P	B	Z	P	F	U	T	T	C	U	C	K	
Y	C	P	A	P	E	R	A	E	R	O	P	L	A	N	
X	A	H	E	B	O	L	G	D	X	U	N	J	B	I	
H	H	S	Q	L	A	M	P	B	R	U	S	H	E	C	

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