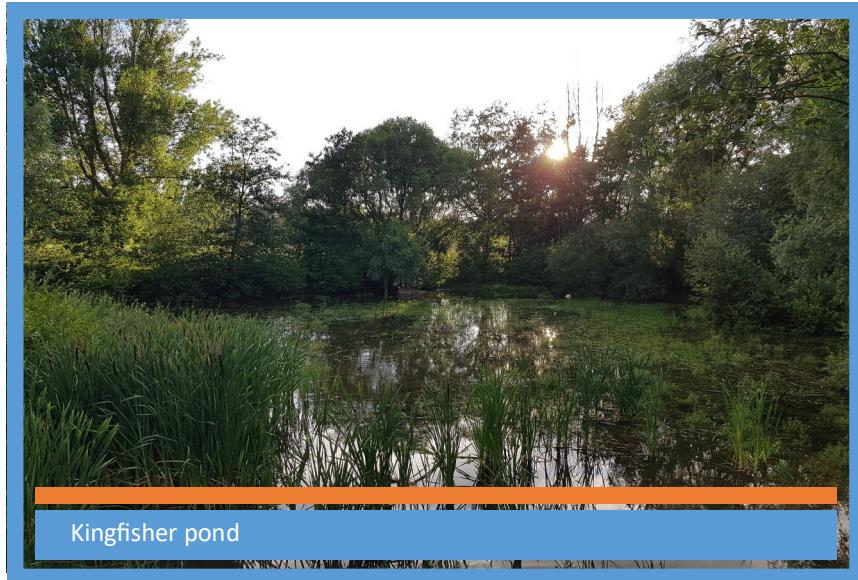


Northstowe News

Issue 11

September/October 2020



More writers needed!

If you want to learn more about Northstowe News, join the team or submit ideas or articles please email

Northstowenews@gmail.com



WHAT'S ON IN NORTHSTOWE

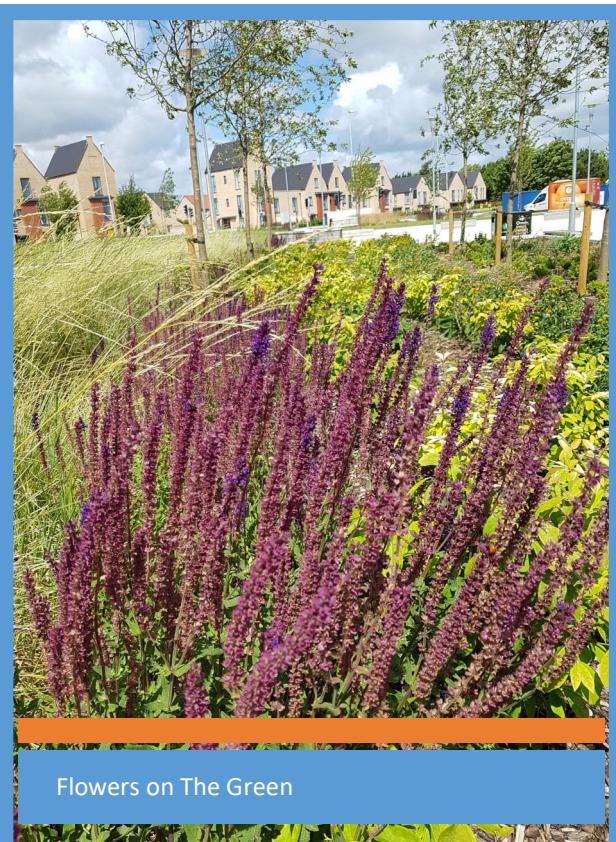
Look inside for more information about events, groups, clubs and activities all happening near you!

Want to advertise in Northstowe News?

Contact adverts@pendrill.net for more details. Annual rates and colour ads also available on request.

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Full Page Ad 194mm x 269mm	£120.00





You can still get Advice during Covid-19

We had an Outreach at **Willingham and Longstanton GP**. This is currently suspended, but you can still get help. You can speak to the medical staff for a referral or contact the Advisor directly:

Liz Banks
 Cambridge and District Citizens Advice
 Email:elizabethb@cambridgecab.org.uk
 Phone:01223 222696

Please be patient with all services and staff at this time due to reduced staff and overwhelming number of visitors. The Guidance is always changing; please check online for current advice

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

In addition we've closed all of our face-to-face advice sessions but we are still [Open for Advice](#) as follows:

- General advice is available via our [Adviseline 0344 848 7979](#). This is open Monday to Friday from 9am to 5pm (we now have lots more people answering so it is easier to get through than before)
- You can [email us for advice](#) or to request a call-back by visiting the website at <https://www.cambridgecab.org.uk/help-advice/get-advice>
- Anyone seeking to make a new claim for Universal Credit should call our [FREE Universal Credit Help to Claim line on 0800 144 8444](#) (Monday – Friday 8am – 6pm)
- For advice on consumer issues (e.g. issues related to products or services you've purchased, cancelled holidays etc.) can contact the Citizens Advice [Consumer Helpline on 0808 223 1133 for FREE or chat online to an advisor](#).

Clients in need of a **Foodbank voucher** should call or e-mail us. We can send a code-only referral to a mobile phone so there is no need for us to print and you to collect a voucher.



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Editor's Welcome

Welcome to issue 11 of Northstowe News.

The July forum seems a long time ago now but it gave us a better idea of how the development of the town's facilities and green spaces have been affected by COVID.



Western Park

The sports pavilion on Western Park will have plans submitted soon and building will commence early next year. How bookings for the pavilion and sports pitches around Western Park will be managed is still being discussed and 'Strategic Leisure' is helping develop the management models.

On Western Park the MUGA and turf pitches and bowling green are complete and so are the mini football pitches. The southern football and rugby pitches and footpaths around Western Park are also finished. However residents still can't access them at present as there is no management company to manage bookings.

The new community building which will be built near The Green has not been designed yet but L&Q are likely to hand the land over to the council around 2022 when there are 750 occupancies. (We currently have around 560 occupancies in Northstowe.) The new building will replace the Community Wing currently operating within the primary school.

Pioneer Park itself was delayed due to COVID ,amongst other issues, but at time of writing looks set to open by September. The busway adjacent to Pioneer Park was started in July. Work on the Northern greenways should have started at the beginning of August and should be completed in September. The waterpark was also delayed due to COVID but should be finished by the end of October. More wildflowers and wetland grass mix will be planted in the Greenways at residents request. The LEAP (small play area) near Linden will contain 3 pieces of play equipment. Sadly the pond will be drained and made much smaller for safety reasons. L&Q have planned to put up bat boxes, a kingfisher bank and tern rafts near the waterpark and plant 350 trees with some bird boxes by May 2021. We can help encourage wildlife by creating small ponds in our back gardens—the Northstowe Wildlife Watchers Facebook page has spotted several dragonflies and damselflies in Northstowe which will be quick to source other areas to live.

L&Q also reported they are in the process of selling the employment land and local centre land in phase 1 near The Green. This land may end up being shops, offices, an industrial area or a recycling centre. Watch this space and the community forums for more information as we get it.

In other news ,the Civic Hub containing a doctors surgery will be built around 2023, meanwhile residents are booked with Longstanton and Willingham surgery which is confident it has capacity. There will be a local lake for outdoor swimming in phase 3 of Northstowe. We will also soon be getting a postbox on The Green.



The Land being sold for shops and the new Community Centre



Shared Mobility for a Sustainable Future

bike and Northstowe residents will receive a discounted rate of 50%. The bikes are stored in a secure locked shelter overnight designed to minimise thefts and vandalism.

For more information visit <https://cambridgeelectrictransport.co.uk/>

E-bikes are coming to Northstowe available to hire from Longstanton park and ride or outside of Pathfinder school. There will be 20 in Northstowe and kiddie trailers will also be available from the Pathfinder School hub. There is an instruction video on the Bizbike website and you can receive 1 to 1 guidance on your first ride. There is an app with a QR code to unlock the

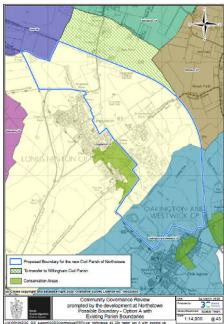


Community Governance Review

As many of you know we are currently going through CGR to develop our own town Council (we are currently under Longstanton Parish council). This is extremely important and as a resident please make sure your views are heard. The link to share your view is:

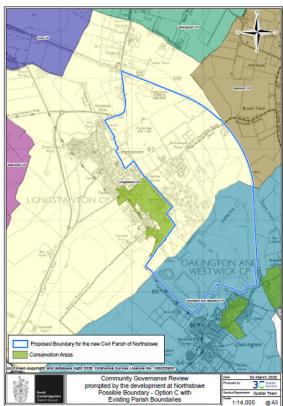
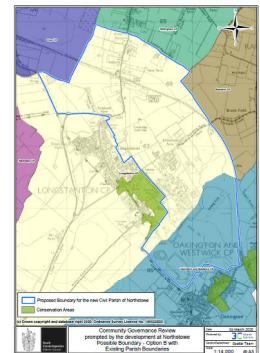
<https://www.scamps.gov.uk/cgr-lown>

There are 3 options and this is particularly important if you live in the Bloor parcel north of the B1050 as you may not end up in Northstowe after all.



Option A: The entirety of Northstowe (Phases 1, 2, 3A and 3B) is taken out from Longstanton and Oakington and Westwick Civil Parishes to form a new Civil Parish for Northstowe. Westwick remains with Oakington, with all current arrangements for Oakington and Westwick otherwise remaining unaffected. Longstanton Parish Council retains the same arrangements as currently, within its reduced boundaries. Land within Longstanton Parish north of the guided busway is transferred to Willingham Civil Parish.

Option B: The entirety of Northstowe (Phases 1, 2, 3A and 3B) is taken out from Longstanton and Oakington and Westwick Civil Parishes to form a new Civil Parish for Northstowe. Westwick remains with Oakington, with all current arrangements for Oakington and Westwick otherwise remaining unaffected. Longstanton Parish Council retains the same arrangements as currently, within its reduced boundaries. Land within Longstanton Parish north of the guided busway is taken into the new Civil Parish for Northstowe.



Option C: The majority of phase 1, phases 2 and 3A are taken from Longstanton Civil Parish and Oakington and Westwick Civil Parish to create a new Civil Parish for part of Northstowe, but the Bloor parcel, phase 3B (potentially 1,000 homes) and other parcels within the Northstowe extension land situated west of the B1050 are retained within Longstanton Civil Parish, along with land north of the guided busway. Westwick remains with Oakington, with all current arrangements for Oakington and Westwick otherwise remaining unaffected

This review ends **15th September 2020** so make sure your views are heard before then.

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District Council

We hope that you have all been staying safe and well. We know it has been a very difficult time for many but we have seen a fantastic local response during the pandemic and we would again like to thank everyone who has been supporting the community.

As a reminder, South Cambs District Council has dedicated pages with information for residents and communities on coronavirus, the support that is available and how services are impacted: www.scambs.gov.uk/coronavirus/

There is also information on the support which is available for local businesses and the self-employed:

www.scambs.gov.uk/business/coronavirus-information-for-businesses/

RESPONSE TO NORTHSTOWE PHASE 3A PLANNING APPLICATION

The consultation on outline plans for Northstowe Phase 3a and 3b, closed on July 14th. We would like to thank all residents who contributed. As District Councillors we raised objections to the 3a application citing a number of concerns, including inadequate green separation between Northstowe and the village of Oakington. We also raised concerns regarding increased traffic and the location of the proposed Southern Access Road East.

We broadly support the application for Phase 3b. However, we did ask for firm commitments on the Northstowe Co-ordination Statement between Homes England, Endurance Estates and Digital Park estates to ensure there is co-ordinated development on these three sites west of the B1050.

We also argued for more robust and enforceable conditions to be placed on the developers. We know that we have had issues with enforcement on Phases 1 and 2 and that this causes significant disruption for residents. In particular we have asked for:

- Strict, enforceable limits on construction times
- Specific and proactive measures to monitor dust and noise and measures to mitigate and resolve issues
- Construction vehicle access only from the B1050 and A14.

We are expecting the applications to go to the planning committee in the Autumn - date to be confirmed. We will be attending to speak directly to the committee and residents are also welcome to attend. You can view our full comments via our Facebook page: www.facebook.com/longstantonoakingtonnorthstowe

B1050 TRAFFIC SAFETY WORKING GROUP

A number of residents have expressed concerns about road safety on the B1050 with drivers speeding, ignoring the no right turn signs at the junction with Pathfinder Way and failing to stop at the red lights on the pedestrian crossings. We have set up a working group with residents Firouz Thompson, Peter Thomas-McEwan and Richard Owen to look at possible options for improving road safety and to work on an application for a Local Highways Improvement grant.

ZERO CARBON COMMUNITY GRANTS

The Council has again launched its Zero Carbon Community Grants. Local groups can apply for grants of between £1k - £15k to support projects tackling climate change under themes of cycling, community buildings and tree-planting and other nature-based solutions. Applications close on September 30th September. Details of how to apply can be found here: bit.ly/2ohvcAw

As ever, feel free to contact us about these on any other issues on:

Sarah Cheung Johnson: cllr.cheungjohnson@scambs.gov.uk

Alex Malyon: cllr.malyon@scambs.gov.uk

County Council

Virus update

The Government announced in May that part of its national strategy to manage and control the pandemic is for every area in England to develop a Local Outbreak Control Plan for COVID-19 by the end of June 2020. In Cambridgeshire our plan builds on existing outbreak plans and relies on working closely with our local communities to reduce the risk of transmission of the infection, establish systems to identify new cases and reduce outbreaks. Where clusters of new COVID-19 cases arise we will identify them swiftly, and working with Public Health England Health Protection Team, will put measures in place to control them, so we can support the continued lifting of lockdown restrictions and the gradual return to normal life.

Cambridgeshire County Council Covid-19 Outbreak Control Team.

This as an 8am to 8pm outbreak incident response centre, including a duty manager and Public Health consultant covering these hours at the week-end. There are three weekly 8am Covid-19 gold meetings, daily Surveillance meetings, and daily Outbreak Management Team meetings, as part of the ‘battle rhythm’. This is the result of more responsibility for outbreak management being moved to Local Authorities through the ‘Local Outbreak Control Plans. The link to our Outbreak Control Plan is - www.cambridgeshire.gov.uk/asset-library/Cambridgeshire-and-Peterborough-Local-Outbreak-Control-Plan-v12.pdf

County PPE Hub delivers over 2.4 million items through partnership working

The Cambridgeshire PPE Hub, has now delivered over 2.4 million PPE items to care homes, GPs, pharmacies, hospices, prisons as well as many others working on the frontline. The County PPE Hub is a collaborative effort including volunteer organisations, the military, and other partners in the regional health and social care system, delivering around 40,000 items of PPE each day. After an initial seven-day operation schedule, the team now works five days a week to provide PPE and offers both urgent same-day delivery and next-day delivery. To comply with social distancing rules, staff across the hub are split into two teams reducing risk to staff and ensuring that the PPE delivery service is as resilient as possible.

Schools step up plans to welcome back all year groups in September

Education Leads across Cambridgeshire County Council are continuing their work with primary and secondary schools and academy trusts, following the government’s announcement that all year groups should be set to return in September.

The county’s schools, the majority of which are currently open to selected year groups having successfully implemented their social ‘bubbles’, will need to adapt their plans to cater for more children, now that social distancing has been downgraded from a safe distance of two metres to a minimum of one. More guidance from the Department of Education is expected, but schools are already making plans and working through detailed risk assessments, ensuring pupils can return to environments where every aspect of their safety and wellbeing has been fully considered. Throughout the whole lockdown period Cambridgeshire has consistently had more schools open for vulnerable and keyworker children than the national average, and have catered for as many Reception, Year 1 and Year 6 children as can be safely managed.

New Maths and English Learning Packs available to help children continue learning through the summer: Cambridgeshire County Council’s Maths and English teams have been working hard to create ‘Summer Learning Packs’, to support primary-aged children as they prepare to transition to their new year group in September. The packs, which focus on English and Maths, offer a range of fun activities and challenges to encourage children to be creative, such as writing a news report based on an escaped gerbil, creating a non-fiction spinner, and taking a ‘maths walk’ around your local area. Separate versions have been created for all year groups 1 to 6, with each pack available to download from the Council’s popular Home Learning Hub – meaning children and parents can work through them online or offline.

Schools invited to join safety improvement scheme

Schools in Cambridgeshire are being invited to join a new initiative aimed at creating a safe space outside their gates which encourages pupils to use active transport and maintain social distancing.

Following government guidelines aimed at encouraging cycling and walking, Cambridgeshire County Council have written to all schools inviting them to take part in the ‘School Streets’ scheme.

By creating a school street, schools can temporarily close a road outside their entrance, enabling it to become a pedestrian and cycle/scoot zone during the school’s opening and closing times.

This will also help to implement social distancing and encourage active travel, with the added benefit of reducing congestion and pollution at the school gates and improving safety for children on their way to and from school.

If adopted, the County Council will work to support school street schemes under a temporary traffic regulation order for up to

18 months.

Once a school street is in place, cones and signs will be put across the road to prevent vehicle accessing the area during school drop-off and pick-up time periods. The closure will need to be put up and taken down on a daily basis and will not apply at weekends and during school holidays. Access will be maintained for emergency vehicles.

Schools will need to put forward volunteers to help run the scheme and the County Council will provide full training and resources free of charge. The scheme will then be owned and operated by the school community, with support from the County Council.

Peter Hudson

County Councillor

Northstowe, Longstanton, Oakington, Westwick, and Over



Northstowe Horticultural Association

Cate Denny

If you go down to the allotments today you will be in for a big surprise...

Four months ago the site of the allotments, community garden and orchard was a large quagmire following all the rain we experienced in the autumn and then spring. What a difference a few months can make! The Northstowe Horticultural Association are pleased that the first allotmenteers have started working their plots and they are a picture of colour and productivity with gluts of courgettes, beans and other produce.



The fencing has been completed and water system installed which are significant milestones for the site. The association is excited to be making plans to develop the site further to establish the community garden and orchard.

In due course, government guidance permitting, we will let the community know when we need a workforce to help with jobs and when community activities begin. We appreciate the patience of the community as we navigate the complexities of working with the various organisations to make progress. If you have queries or wish to contact the Northstowe Horticultural Association email is northstoweallotments@gmail.com.

**NORTHSTOWE
HORTICULTURAL
ASSOCIATION**



WILLINGHAM & LONGSTANTON SURGERIES

Reception Tel: Willingham 01954 260230 Longstanton 207600 Dispensary 207602

District Nurse Team: 01223 726469 Option 2 Health Visitors: 0300 029 50 50

Out of hours cover: Ring 111 Website: www.willinghammedicalpractice.nhs.uk

Bank Holiday closure

We are expecting the surgery to be CLOSED on Monday 31th August Bank Holiday. If the guidance changes and the CCG expect us to be open, this will be published on the practice website.

Face coverings and masks

Following telephone triage with a clinician, we are asking increasing numbers of patients to attend the surgery for face to face consultations. We are therefore asking that **all** patients wear a face covering in line with government guidance when attending the surgery. These are available to purchase in local supermarkets and at Willingham Pharmacy.

For further information please visit:

www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering

We are also limiting the number of patients in the waiting area at any time. You may therefore be asked to wait in your car or outside the front of the practice, where you will be called in when your GP/Nurse is ready so that we can maintain safe social distancing at all times. All patients must abide by the one way system we have in place, and adhere to the social distancing markers at the reception desk. Please use the hand sanitiser dispensers when entering the premises.

Exemption cards or badges for face masks

The guidance suggests there is no requirement for the public to provide evidence, medical or otherwise, for exemption therefore a self-declaration from the individual should be sufficient. GP practices are under no obligation to provide letters of support for anyone who does not fall under the list of exemptions but considers them to have another reason to be exempted.

Some people may feel more comfortable showing something that says they do not have to wear a face covering. This could be in the form of an exemption card, badge or even a home-made sign. This is a personal choice, and is not necessary in law. **If you would like to use an exemption card you can use the PDF attachments on the government website**

www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own

Dr Suter is retiring

We will be saying a fond farewell to Dr Suter in September, as she retires to spend more time with her family in Winchester. Dr Suter has been at the surgery for 26 years, and is quite frankly part of the furniture! She is a popular and much respected GP, and we would like to thank her for the dedication, support and care she has given to her patients, staff and the wider community throughout her career. We wish her a joyful and happy retirement, and will miss her greatly. We are pleased to announce that Dr Alice Gilbert will be joining our team at the end of September, and is looking forward to meeting our patients in due course.

We are not able to have a leaving book for patients to sign due to infection control reasons during the pandemic, however there will be a small post box available for you to leave letters and cards for Dr Suter should you wish to do so. Please leave any gifts at reception. Dr Suter has written the following message for all our patients:

As many of you know, I am due to retire at the end of September after 29 wonderful years with Willingham Medical Practice. I cannot go without a huge thank you to all staff and patients. To be a GP is without doubt the most privileged job in the world, and I have had the greatest good fortune to work here at what I think is a wonderful practice. I first came to the practice in 1991, joining Dr Hewlett, Dr deLacey and later Dr Marriott. The ethos of the practice has always been to try our best to provide high-quality family medicine with the patient at the heart of what we do. In this I have always been supported by wonderful colleagues and staff, and of course by the Willingham patients from whom I have learned so much. I am going to miss you all so much that I'm hopeful I will be invited back from time to time to cover holidays! Thank you to everyone for your forbearance, your support and above all for letting me work here in this wonderful practice. THANK YOU!

Dr Cathy Suter

Immunisations

While coronavirus has put limitations on all our lives, it is important that you or your baby or child still have routine vaccinations. They protect against serious and potentially deadly illnesses and stop outbreaks in the community. We

recommend that you book in your next scheduled appointment – see www.nhs.uk/vaccinations for details on when they are due.

If you are identified as clinically extremely vulnerable and have been shielding, please check gov.uk for the latest advice on what to do.

Carers Meeting

Due to the current pandemic, the carer's meetings are still currently postponed until further notice. They will be reinstated as soon as it is safe to do so. In the meantime, we would like to continue to support carers in our local community in any way possible. If you are a carer for someone and need advice and financial or emotional support, please contact Sue Lawson at Susan.Lawson@nhs.net or 01954 260230.

COVID-19 Screening Update

NHS England announced that the following screening programmes have resumed, following temporary closure during the pandemic:

- Breast Screening
- Bowel Screening
- AAA Screening
- Diabetic Eye screening
- Cervical Screening

Please be aware many of these services are operating at a reduced capacity due to COVID restrictions, and are dealing with the backlog, therefore significant delays have developed during the period when the programmes were closed on safety grounds. Each service will be prioritising patients according to those at highest risk, and request your patience as they start to operate again.

The surgery does now offer routine cervical screening appointments, therefore if you are overdue or have been invited please contact reception to make an appointment.



Hot Weather

It's worth remembering that sunny spells can pose health risks for some people. It's important to protect yourself and others from too much sun or heat, to carry water when travelling and to think of those, such as young children or older people, who may feel the heat more acutely than others. Make sure you follow the COVID-19 social distancing guidance while looking out for others.

- Look out for older people and others who may find it more difficult to stay cool and hydrated in hot weather stay #WeatherAware. Many people who are at higher risk of ill health due to the hot weather are also at higher risk of severe illness from coronavirus (COVID-19)
- If you need to provide direct care for someone at risk from the hot weather, follow the COVID-19 guidance on providing care to family or friends. Wash your hands regularly and don't visit at all if you are unwell - make alternative arrangements for their care
- Drink plenty of fluids and avoid excess alcohol during the hot weather.
- Avoid extreme physical exertion during the hot weather . If you can't avoid strenuous outdoor activity, keep it for cooler parts of the day e.g. early morning or evening.
- The best thing to do in the hot weather is stay out of the direct sun, especially between 11am & 3pm as UV rays are strongest during these hours. #BeattheHeat
- Stay #WeatherAware: if you or others feel unwell, get dizzy, weak, anxious or have intense thirst move to a cool place, rehydrate and cool your body down

Lisa Smith –Assistant Practice Manager – August 2020

Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the '**Glass test**')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department
or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call
NHS 111 - dial 111

The NHS is working for you.
However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed.
If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies
- Additional **advice** is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111



We know it's been a really challenging few months and staying active and fit is difficult at the best of times. But adding in the self-isolation and stay at home rules, then keeping active has been even more problematic for some people. On the flip side, having more time at home has helped some of you to take up new leisure activities either alone or with family.

As the restrictions start to be lifted we will see some of the sports activities resume, so keep an eye out for more info over the coming weeks.

Taking the family out on a bike ride is a great way to get some fresh air, exercise and a dose of feel good! In June we conducted an online survey to better understand Northstowe resident's family cycling behaviours. Thanks to all those of you who took part and well done to the two lucky winners of the £25 Decathlon vouchers. We had 45 responses and there were two key things that people requested which can help families to be more active – the identification of safer routes for cycling and a resource to provide fun cycling activities for the younger age group. So, we set to work on both requests and have come up with some local routes which range between 6-12 miles and we have also highlighted some shorter loops around Western Park and out along Rampton Road. These routes offer a mix of traffic free tarmac, off road bumpier bits and short sections on roads so take a look and hopefully there's a route suitable for everyone. We have also produced a fun resource aimed at younger cyclists with a few challenges and activities you can do along the route!

To find out more about these local cycling routes and to download a copy of the resource visit

www.activenewcommunities.com/northstowe

It's well documented that getting active can reduce anxiety and stress, combat low mood and increase self-esteem? It can help you feel good on the inside and out!

How has Covid-19 affected your activity habits? Have you found you've had more time to focus on you? Are you now doing less as a result? We'd love to hear from you as we want to offer more opportunities for you to get active in and around Northstowe so we'd love to hear what you've been doing and what you're interested in doing more of!

Please get in touch with us:

info@activenewcommunities.com www.activenewcommunities.com

Facebook @ActiveNewCommunities Twitter @Active_NC

Living an active lifestyle helps you to feel healthier, happier and more connected.

Short stroll with friends

We've restarted the Friday walks with social distancing in place.

A chance to have a stroll and chat with friends and neighbours.

Currently we will only walk with 6 people (adults and babies in slings or buggies).

We will be required to ask you to provide contact details for any possible tracking for COVID-19 and to book or turn up on the day with those details.

We normally walk for around an hour - nothing too strenuous but we will assume that you are physically fit to do so. Please wear suitable footwear. Full risk assessment is available on request.

Meet at the Green at 11.30am.



Bumps and Babies Coffee mornings



Weather permitting, we meet at 10am Thursday mornings on the green for chats and coffee and cake from Rural Coffee Project.

Contact me for any questions: Felicity Phelan 07917875625

THE TRADITIONAL KOREAN MARTIAL ART OF HWARANG-DO

HISTORY

Hwarang-do or the “Way of the Flowering Manhood” is a traditional Korean martial art derived from the ancient combat practices of the Hwarang or the “Flower of Manhood”, a group of young men formed to lead the ancient kingdom of Shilla in the Korean peninsula in the 6th century A.D. The members of this group were gathered from the noble families of Shilla and were trained in the classical writings of Confucius, Taoism and Buddhism. They were also taught empty-hand combat and the use of weapons to equip them to lead the armies of Shilla. They were also instructed in the Buddhist faith and moulded to be examples of virtue and character.



The modern martial art of Hwarang-do was created and taught by two brothers in the 1960s, Joo Bang Lee and Joo Sang Lee, who from an early age were taught by the Buddhist monk Suahm Dosa in the 1940s in what is now North Korea. Upon the outbreak of the Korean war in 1950, the Lee family relocated into South Korea where they continued their training with the monk as well as training with the founders of the other modern martial arts that would come out of Korea after liberation from Japanese occupation.

Today, Hwarang-do is spread throughout the world and continues the mission of training men and women, especially the youth, in the physical and mental disciplines to make them ready for the challenges of life and to mould them into upright, responsible and noble persons.

METHOD OF PRACTICE

The martial art of Hwarang-do is based on the concept of the Um-Yang (Yin-Yang in Chinese), which is the unity of opposites. Therefore, techniques encompass both hard, linear styles (such as those found in Karate and Taekwondo) and soft, circular styles (such as those found in Aikido and Kungfu). As well as the physical techniques of striking, joint locks, kicking and break falls; there is also an emphasis on the development of internal energy through the practice of breathing techniques. Calisthenics and stretching exercises are done to warm up and make the body strong and supple and also to prevent injuries while performing the various techniques. Most importantly, the martial art of Hwarang-do is founded on the “Meng Sae”, a code of ethical conduct comprised by the five rules of acting as a responsible member of society; and the nine virtues essential to the formation of a noble character.

SESSIONS

For this summer, we currently practice at 6:00 a.m.(morning), Mondays, Wednesdays and Fridays at the field at the back of the David Wilson developments for approximately an hour. It is advised to wear tracksuits to keep warm and running shoes with good grip (I would suggest a light trail running shoe) as the wet grass in the morning can be slippery underfoot.



Limping during Lockdown (Longstanton and Northstowe Limpers)

Back in March everything changed. Gone were the Monday social runs, the Wednesday training, the Sunday long runs; for a short while we could run distanced with one other person but then that stopped too. For a while people started (or stopped) doing their own thing. I discovered audiobooks to keep me company whilst out and sometimes ran with music (which I don't usually do). There was a bit of 'chat' in the Limpers members' facebook group and some activity on Strava (an activity tracking app.) but no real club activity.

What could we offer our members and the wider running community? What could we do that was entertaining, could fit around work and families and would keep or encourage people to get out running? The Limpers' weekly challenge was born! You might have noticed more people than usual running around the lake one week, or runners suddenly stopping to take a photo of a road sign or a bin. There was a bit of fancy dress and a Limpers' Bake Off challenge. Runners started to do strange things - two of them ran a marathon distance in a week around the tiny lake by the B1050; they started to cycle to different villages or even into Cambridge to run and collect elusive Scrabble letters (there's a Zetland Walk in Cambridge, the only Z for miles around). People dabbled with Jeffing (a run/walk method) and interval runs to fill up their Limpers' Bingo sheet, and tried to run progressively faster to build up their negative splits. Families and beginner runners could take part just as easily as established runners and it was good fun seeing what everyone got up to. Alongside this we ran a virtual Couch to 5K course - it was great to see people checking in every week and being successful , graduating with their 5k out and back run across the airfield road.



Now, a lot of the established race providers are providing their own virtual runs and challenges. The cancelled Great North Run has been replaced with the Great North Solo - 40 runs to commemorate it's fortieth year by the 13th September. A lot of the Limpers have signed up. Threshold challenged people to complete it's Race to the Stones (100km Ultra) in a week, with marathon and half marathon distances too. There is a lot out there to keep you motivated, and what better than to get your running club involved too.

At the time of writing we can't yet restart formal club activities but we are enjoying meeting up in pairs and small groups to get back a bit of running normal. We've held a socially distanced committee meeting to look at what we want to offer going forward - the exciting news is that, as we can't guarantee 'normal' club activities, core membership will be free this year - anyone is welcome to join up and benefit from our collective local running knowledge and hopefully we'll be able to resume some group training and social running soon. Now is a great time to let us know what you would like from us and to get involved!



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Game of the Month

by Andrew and Sarah Collier

There are not many games that can claim to have built an entire genre. But Dominion, designed by Donald X. Vaccarino and published by Rio Grande Games in 2008 to universal acclaim, was the original design which has since become known as a “deck-building” game.

In Dominion you are a young and ambitious monarch of a small kingdom, rushing to stake your claim on unexplored lands and build up your coffers - before your opponents can do the same. You each start with your own deck of ten cards, seven Copper and three Estates. The Estates are worth 1 Victory Point each, but during the game they do nothing and if they turn up in your hand you can't use them. The Coppers are currency to buy better cards, but you don't get rid of them when you spend them. They just go into your own discard pile; when your deck runs out you shuffle the discards and turn it over to be a new deck, everything comes back into circulation.



same every time - there are 25 kinds, you randomly choose only ten and the rest stay in the box. That means there are over 3 million unique games you can play, in just that one box.

But Dominion is also a game that really championed the idea of Board Game Expansions. By the time Vaccarino took his game to the publisher, he hadn't designed just 25 cards but over 200, which they couldn't possibly sell all in one go, so instead they split it up. The first set you buy has everything you need to play the game, and every expansion after that just increases the variety with new game mechanics. You can get as few or as many as you want, but if you have everything there are now 366 different kingdom cards for over 10 quintillion possible game combinations.

We love Dominion because there's a huge variety in how these different combinations play. Sometimes you're each just trying to build up your own economy most efficiently, sometimes you will directly interfere with your opponents' strategies. The cards all have detailed and colourful artwork, and each expansion has its own theme - sea exploration, ostentatious wealth, adventurous quests, and more.

Can you take Dominion over the kingdom? Find out by playing Dominion online at dominion.games, or we're still playing games online on Tuesday evenings – for details search Facebook for “Northstowe Gamers” or email northstowe.gamers@thecolliers.uk

The cards you buy could be Silver and Gold, which give you additional buying power. Or Duchys and Provinces, which are worth several victory points on one card. But the joy of the game are the Action cards, which allow you to do many various things: drawing or buying more cards, making other people discard their good cards, if you combo actions together you can get many effects and buy cards for low, low prices. You can also trash cards, entirely removing them from your deck never to return, which is a useful way to stop weak cards clogging up your hands and letting you draw more often the stronger cards you've purchased since.

A lot of games like to say “no two plays are the same!” but in Dominion this is literally true. The cards available to buy are not the

Dungeons and Dragons

An online Dungeons & Dragons group will be starting for residents of Northstowe and environs. This will take place on Wednesday evenings and we will be using version 3.5. Anyone interested, please e-mail baroque.mongoose@gmail.com.

NEW Therapeutic Glass Workshops

Create your own **Mandala Artwork**
With Jutta Robinson in Willingham



Available dates:

August 3-day workshop:
11th, 18th, 25th
Tuesday **Mornings** 11.30 – 1.30

August 3-day workshop:
13th, 20th, 28th
Thursday **Evenings** 7.30 – 9.30

August 1-day workshops:
22nd Saturday 12:00 – 6:00
31st Monday 12:00 – 6:00

September 3-day workshop:
2nd, 9th, 16th
Wednesday **Mornings** 11.30 – 1.30

September 3-day workshop:
4th, 11th, 18th
Friday **Evenings** 7.30 – 9.30

September 1-day workshops:
7th Monday 12:00 – 6:00
20th Sunday 12:00 – 6:00



Pieces made in previous workshops

For more information go to: <http://jutta.robinson.to>

For bookings, email me at:

jutta@pan-esoteric.co.uk

Create your own mandala artwork in a 3-day workshop or a 1-day workshop, by using the fused-glass method with different metals, fine crushed coloured glass, and other materials and techniques.

Suitable for beginners

The cost for a **3-day art workshop** is **£60**.

The cost for a **1-day art workshop** is **£50**.



Uniting Local Communities through the Love of Craft

An exciting new club had popped up in Northstowe before lockdown. The Northstowe Community Crafters Club is encouraging Crafters of all ages, levels and craft types from Northstowe and surrounding Villages to share their love of crafting over social media. Meet new friends, learn new Crafts and be part of a new and vibrant group of like-minded people like yourself. To find out more contact Karen:

Uniting Local Communities through the Love of Craft.

LIKE & Join our Facebook group @ www.facebook.com/northstowecommunitycraftersclub/

Follow us on Twitter @ twitter.com/NCCraftersClub

Keeping up with trends on Instagram @ www.instagram.com/northstowecommunitycrafters/

Northstowe Rocks!

Join the hunt : Facebook NorthstoweRocks

Paint your own rocks and hide around Northstowe for people to find. When you find one put a picture on the Facebook page. Happy hunting!



Book Review

By Kathy Fountain



Wild: a journey from lost to found by Cheryl Strayed

Wild was one of the books read by Northstowe Book Club during lockdown. It was a good choice for those of us missing the opportunity to travel abroad.

It is a coming of age account of a damaged young woman, grieving over the death of her mother from cancer, struggling with the break-up of her marriage and the fracturing of her relationships with siblings and step-father.

We see Cheryl at a really low point in her life seeking to restore her sense of self-worth by challenging herself to hike the Pacific Crest Trail. Along the way we can almost see the beautiful, wild scenery and feel the extremes of hot and cold as we travel with Cheryl from California to Washington State.

The book is well written and keeps us on the edge of our seats as we face a multitude of dangers and adventures with the novice hiker. It is both sad and funny. I found the book easy to read and ultimately uplifting.

Our next three book club choices are *The Alchemist* by Paulo Coelho, *The Beekeeper of Aleppo* by Christy Lefteri and *The Binding* by Bridget Collins. If you are interested in joining us look for our Northstowe Book Club Facebook group or get in touch. We are always happy to welcome new or old members. We meet once a month on a Monday at 7.30pm (currently online).



Book Review

By Becca Edney

Binti by Nnedi Okorafor is a sci-fi novella about a young woman known as Binti from an isolated and very traditional community who takes to the stars in order to attend a far-off university. To do this, she must leave her community and go against the wishes of her family, but she believes it is the only way to fulfil her potential as a mathematical and engineering prodigy: the talents that won her a place as the first from her community to attend the university.

On the journey, though, Binti's plans are drastically disrupted and she finds herself reliant on her wits for her own and others' survival.

Binti is an extremely short book; I read it from cover to cover in a single sitting. The plot is fast-moving and it takes some very unexpected dramatic turns. I rooted for Binti herself from the beginning and enjoyed her characterisation, especially the conflict she feels in leaving her home while also remaining proud of and tied to her culture. She's a very strong character and I look forward to seeing how the rest of the series progresses.

I recommend it for YA readers.

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Welcome back to Fen Drayton Lakes

In troubling times many of us take solace from the natural world and garner great joy from being outdoors, where worries and fears can be forgotten for a time. There is nothing like the joyous sound of birdsong or the sight of a parent bird feeding its fledged young to soothe the soul.

With 16km of footpath around 11 water bodies, we are proud that Fen Drayton Lakes has provided comfort to people over the past few months. Although our Moore Lake hide remains closed for the time being, the rest of the reserve is open and full of life. Birds are singing, bees are buzzing, butterflies are fluttering, crickets are chirping, and dragonflies are flying back and forth patrolling along the ditches.

When visiting the nature reserve, please continue to follow the guidance on signage and advice from our staff. This includes maintaining social distancing, keeping to the designated footpaths, keeping dogs under close control and picnicking in designated areas.

We'd like to thank our visitors for remembering to take their rubbish away with them and take the opportunity to remind everyone that camping, open fires and BBQs are not permitted on the reserve.

Fen Drayton Lakes remains devoted to its wildlife and its visitors for the quiet enjoyment of nature and the wonderful riverside landscape.

We hope you continue to enjoy, discover and explore.



Visit rspb.org.uk/fendraytonlakes

The Royal Society for the Protection of Birds (RSPB) is a registered charity:
England and Wales no. 207076, Scotland no. SC037654

Northstowe Nature Notes

Hugh Venables

The incredibly sunny weather through May, plus lockdown, meant local dragonflies became the main source of interest. Hundreds of individuals, of 20 species, were around (including the smaller damselflies, which hold their wings along their back rather than out to the side as dragonflies do). This compares well with nearby Fen Drayton Lakes RSPB reserve, which has 24 species, so this is really positive and something we can hopefully maintain with suitable management of the new ponds and lakes. My garden pond has had many visits, with several species laying eggs and adults emerging from last year's egg laying. If you can safely have a pond in a sunny part of your garden, it would definitely bring activity in and add to the habitat. The 24th species at Fen Drayton is Southern Migrant Hawker, first seen this year and another recent colonist from the continent as the climate warms.



There have also been plenty of butterflies across the site, including the declining Small Heath and spreading Marbled White. Hopefully we can keep some suitable

areas for them to do well, as the site gets developed/landscaped/tidied. The caterpillars need a range of native foodplants, and others, such as the skippers, need vegetation left uncut over winter.

For birds, it was great to see the Shelduck ducklings grow on the Phase 2 lakes, with 19 surviving to fledge from three broods. A Black Redstart was outside my house briefly – fairly rare, but typical of new-build areas (they have bred in Cambourne). They look like a dark robin with a red tail and will likely turn up again.

There is now a Northstowe Wildlife Watch group on Facebook as a place to share photos, sightings and ideas on attracting wildlife into our gardens.





Pathfinder Pre-school

01954 584801

preschool@pathfinderschool.org.uk

Opening September 2020

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Northstowe Neighbourhood Watch

Northstowe Neighbourhood Watch is a group of residents who are interested in making our community as safe and peaceful as possible. We have just started to hold regular meetings again (on-line currently) and have been thinking about the issues that affect us in Northstowe.

The national aims of Neighbourhood Watch are:

To support individuals and groups to create safer, stronger and active communities

To help create a caring society that is focused on trust and respect, in which people are safe from crime and enjoy a good quality of life

To help people feel less afraid, vulnerable or isolated in the place that they live

It is not about 'curtain-twitching' nosy neighbours but about supporting each other as a community.

The local police are keen to work with residents of Northstowe to address any concerns we have and emphasise that every report to the police is logged and investigated. You can phone on 101 or report on-line at the Cambridgeshire Constabulary website. (999 for emergencies)

Some of the items to consider over the next few months are whether a community safety app would be useful and linking in with the problem-solving multi agency group who are looking at supporting Northstowe and surrounding villages. It is good to know that Northstowe is seen as a priority with local agencies like the police and district council as it is an 'emerging community'.

If you are interested in being part of Northstowe Neighbourhood Watch, or would like to discuss community safety issues with us, please contact: northstowe.nwatch@gmail.com

Best wishes, Lorraine

Make a garden Wigwam

wildlife
watch



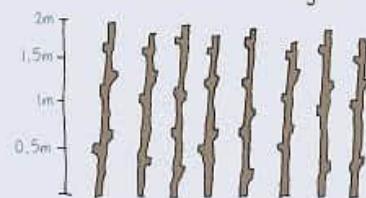
You will need

- Bamboo canes or hazel sticks
- Garden twine
- Vegetable or flower seeds, or small plants

What should I grow?

- Tomatoes
- Runner beans
- Cucumber
- Courgettes
- Squashes
- Roses (mind the thorns!)
- Honeysuckle (don't eat the berries)
- Jasmine
- Clematis

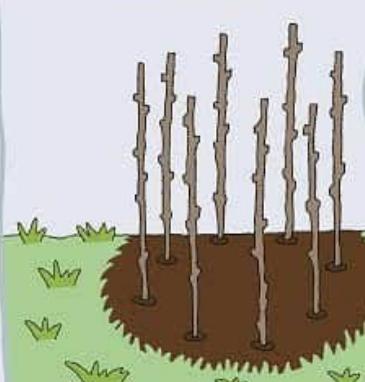
1 Use six to eight canes per wigwam, between 1.5m and 2m in height.



3 Gather the top ends of the canes together and tie tightly with string.



2 Push each cane lightly into the soil, about 15 to 30 cms apart.

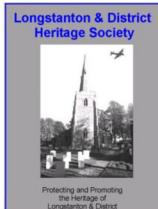


4 Now you can start growing!

Best for pollinators:
Honeysuckle
Jasmine
Clematis



LDHS NEWS - NORTHSTOWE—September / October 2020



AGM & AUTUMN TALKS

It is with regret, but perhaps inevitable, that the LDHS committee has decided to postpone the Society's AGM which was due to take place in September. The AGM will take place later in the year and details will be sent out to members in due course. If the pandemic has still not sufficiently abated to allow for a public meeting, the AGM may need to be held remotely on this occasion.

If any LDHS members wish to volunteer to join the committee please do contact us as soon as possible. There is also the opportunity for a volunteer to act as Membership Registrar – if anyone would like this role and ideally has working experience of Mailchimp that would be really helpful.

The Autumn series of talks will be similarly impacted by the current situation. There will be no September talk and a decision will be made in due course regarding the October and November talks. The society is mindful of our duty to protect both members and local communities and that will be our priority when making our decision.

For updates please do keep an eye on our website and Facebook page. Alternatively, please contact the Secretary at ldhssec@hotmail.co.uk or by telephone on 01954 782560.

SPOTLIGHT ON THE MARJORIE BARNES COLLECTION

For people who did not know Marjorie she was a Longstanton resident for many years. She was an active member of All Saints' church and was on the Parochial Church Council for many years. When Marjorie died a relative of hers dropped a box off for the Heritage Society and apart from a cursory look through at the many papers it contained, time constraints meant that the box remained safely on a shelf along with the other LDHS archives. That was until lockdown enabled me to go through the box and scan some photos that I found there.

In the box was a card from Margaret Woolley which contained a note and some old photographs, one of which can be seen here. Margaret was the wife of Rev H B Woolley, who was Rector and Vicar of the Longstanton churches and the photos are estimated to date from c 1929. H. B. Woolley was made rector of the United Benefice in 1923 and held services in both churches.

Hilary Stroud, Secretary, Longstanton & District Heritage Society, The Manor, Woodside, Longstanton, Cambridge. CB24 3BU
For more information on any of the above, please contact us on 01954 782560 or e-mail ldhssec@hotmail.co.uk

The photograph below was taken from the tower of All Saints' church and shows the view of Church Farm on the High Street. You can still see the house and barn as they remain standing today opposite the Post Office. Once again, LDHS has saved photographs for our communities which otherwise would have been destroyed many years ago. LDHS has an on-going responsibility to safeguard this unique collection and will work with others to ensure that this can be achieved in a way that will preserve this collection for generations to come.

We are also interested in creating a digital on-line archive but we need to add security to our images so we can meet our constitutional obligations. If anyone has the technical skills and the time to be able to help with this exciting new project please do contact us.



View from All Saints' church tower c 1929.

MEMORY LANE



The photograph in the last newsletter was of St Michaels Lane. The date is estimated to be c 1906. Other postcards are known to date from around this time. The wall of St Michael's church can just be seen on the right.

WHERE, WHAT, WHAT AND WHY?



Hilary Stroud (Secretary)



Meet House by Urban Splash - a new type of housebuilder coming to Northstowe.



We are all very excited at House HQ that we will soon be revealing our first homes at Northstowe so we thought we would introduce ourselves a bit as your new neighbours.

House is a new kind of modern housebuilder. We make beautiful, configurable, design-led homes, where space and natural light are a priority. We work with some of the best architects in the country and use sustainable Modern Methods of Construction (MMC) to create distinctive new neighbourhoods built around character, green spaces and a sense of community.

Most of our homes are built in our factory and we build them in their entirety as completed 'modules' with kitchens and bathrooms and all the plastering and tiling completed etc and they are delivered and craned into place in a few days with a few final touches made in situ.

We are building a new neighbourhood of 406 homes in total. It's going to be a bit different (like us!) and will sit alongside the new town centre when it's developed, next door to the secondary college campus. We will be doing what we do best by bringing our unique urban twist, well-designed homes, and state-of-the-art construction.

For us, to be a successful neighbourhood, Inholm needs to fulfil more than just housing needs. Whilst we can't build a ready-made community from scratch, we want Inholm to have a sense of openness and community and a design that encourages interaction and play. You will see this through some of the wider built aspects as Inholm develops such as 'pocket parks', art and shared spaces.

Our homes are new here but we are not new. We've built lots of them previously in Manchester, Birmingham and North Shields. We are, however, a bit different as you may have seen from the House Pavilion that's being created on-site at the moment! This 'Pavilion' is where our customers can say hi, meet the team that will be based here, see our House products and view our online configurator for Town House. It's due to open to the public in the autumn of this year.

House is made up of 3 partners; Urban Splash, with a long track record of over 25 years developing and regenerating areas to become much loved, award-winning neighbourhoods, Japanese-based Sekisui House which is the largest and most sustainable housebuilder in the world, and the UK government's housing accelerator, Homes England who you may know is also a landowner at Northstowe.

We really invest in the places where we build new neighbourhoods and have already been getting involved in 'Northstowe life' by supporting the secondary college as our immediate neighbours, meeting the social committee and talking with our new neighbours at Rampton Drift. We're looking forward to being able to support more as we embed ourselves in the local area and create Inholm.

The first of our unique homes will be 43 Town Houses available from autumn 2020 but we will be creating a whole range of homes here over the next few years including later living apartments and mixed-use buildings.

Find out more here.

www.housebyurbansplash.co.uk





As I write this in late July, we're all hoping that by the time the September-October edition of Northstowe News comes out we'll be returning to normal life after the Coronavirus restrictions. For Emmanuel Church, while we have benefitted hugely from Zoom enabling online meetings, we hope we'll be back meeting each other physically soon.

But the longing for "normal" and the gradual return to it also gives us an opportunity to ask what we should be doing. What is truly good for human beings? What is the true normal?

The Bible presents the idea that the original design for humanity and the world has been badly skewed. The "normal" we find by looking around us at the world and trying to be successful in that world is in fact a distorted normal. We get hints of that in the way our "normal" leads to so much injustice, destruction, and unhappiness.

The true normal, which we have lost, can be found by looking at Jesus. He is God the creator become human, and so he lives the truly normal life- life as God intended. He loves God and loves people around him. And through his death and resurrection he opens the way for us to find the true "normal", human life lived with God.

If you'd like to explore how Jesus helps us find our "true normal", you would be very welcome to visit us at one our services (see www.emmanuelchurchnorthstowe.org for the latest on times, locations and links for service). Or get in touch to be informed when our next Life Explored Course starts contact@emmanuelchurchnorthstowe.org

Pastor Josh Monteiro



Pathfinder Church, Northstowe



Your Church of England Church, with an inclusive ecumenical welcome to those of all traditions and none

Church House, 6 Woodpecker Close, Northstowe, CB24 1AW (01954 261 181) contact@northstowe.church; www.northstowe.church Social media

With the pandemic continuing we're not yet gathering in public again, but that hasn't stopped Pathfinder Church from doing everything that matters... just in a different way! We've celebrated major festivals together. We've grieved and lamented together. We've challenged each other to make kites and cakes, or to read new things or try new ways of praying. We're even starting new online groups... You can dip into much of what we've been up to on our YouTube Channel, or by following us on Social Media. In particular, if you need some space to breathe this month, why not visit one of our "**Chicken Soup for the Soul**" Mindful Reflections—each a YouTube Playlist (bit.ly/PathfinderChurchPlaylists)— drawing together contemporary reflections and ancient monastic wisdom?

Weddings: Anyone living in Northstowe can be married in the beautiful Parish Church building at All Saints' Longstanton. While the services have to be small and carefully choreographed, they are still beautiful, moving, and personal—a recent wedding featured lego figures in the pews to represent absent family and friends!

Funerals: The Church of England system means your local church is here for you whether you are a churchgoer or not. Throughout the pandemic, we've been supporting bereaved families and marking funerals at the graveside or in the crematorium: now we are also able to offer small church services in our sister church buildings in the nearby villages, and can provide support and resources to use at home for the wider family and friends.

If you, or someone you know here in the Northstowe and Longstanton area, cannot afford food, we hold Cambridge City Food bank vouchers (cambridgecity.foodbank.org.uk) Do contact us in confidence.



A New Vicar in Longstanton!

In August, we welcomed **Revd Lucy Cleland**, previously chaplain at Scargill House in the Leeds Diocese, to be the new Team Vicar (designate) for Over, Willingham, Longstanton and Swavesey – the group of local Church of England churches, together with Pathfinder Church Northstowe, known as the 5 Folds Family of Churches. Lucy has moved into Longstanton, and joins Revd Dr Simon Gill (Team Rector (designate), based in Over) and Revd Dr Beth Cope (Pioneer Minister for Northstowe, based here in Northstowe), working together across this area.



Your Space to Be: Anyone in Northstowe seeking some time of quiet reflection or prayer is most welcome to visit the beautiful ancient church building of All Saints' Longstanton. It is open each day between 9:30am and 6:00pm for individual private prayer: please make use of hand sanitiser and follow COVID-19 guidance.

Sunday Worship: Small acts of Sunday worship in person are now restarting in our Church Buildings across the team, but a traditional act of Morning Worship will continue to be streamed online each week. See www.5folds.org.uk for venues and links.

There are also several midweek offerings from the team (complementing the more Northstowe-specific material being prepared by Pathfinder Church Northstowe), in particular:

Wells of Silence - An invitation from Revd Jenny Hill to gather for prayer on the 1st Wednesday of the month at 2pm via Zoom. (lasts about 45mins) This is a biblically based way of praying involving short periods of silence, ending with an opportunity to pray for others. If interested, contact revdjennyhill@5folds.org.uk, 07970- 949331

Online [Zoom] Compline – 9:00pm Sundays. The ancient office of Compline derives its name from a Latin word meaning 'completion' (completorium). It is above all a service of quietness and reflection before rest at the end of the day, ending in Silence. Our online version lasts about 15 minutes and includes prayers, responses, a hymn and a reading, with words on screen. You can watch via Facebook, or join via Zoom (online or via telephone) The Zoom Room opens from 8:50pm; everyone is muted so that we start in silence. Email susanmeah@hotmail.com or hairyclairy2@googlemail.com for more

Follow All Saints' Church Longstanton on Facebook: www.facebook.com/allsaintslongstanton/

Justice for the Rohingya

Becca Edney



This August marks the third anniversary of the escalation of genocide against the Rohingya people of Myanmar. Since 2017, almost a million Rohingya refugees have fled into Bangladesh and now live in camps in Cox's Bazar. Many have lost loved ones and been subject to crimes against humanity. Those remaining in Myanmar are deprived of civil rights and live in apartied-like conditions.

The Cox's Bazar camps are overcrowded and people living there have little access to basic services. Among other diseases, Coronavirus has also been found in the camps, adding to the danger since social distancing and proper hand-washing are impossible.

Image credit: Farjana Sultana / Save the Children

Over half a million of the Rohingya refugees in Bangladesh are children, of which over 10,000 arrived alone and many have no idea where their parents are. Like any other child, they want to play with their friends, go to school, and have a safe home, but their opportunities are limited as long as the current situation continues.

The UK is penholder for Myanmar at the UN Security Council and has the power to demand justice for the Rohingya people and put pressure on Myanmar to end these atrocities. We can make a difference by spreading the word of what's happening, expressing solidarity with the Rohingya people, and contacting our MP, Anthony Browne, to ask him to speak out.

If you have questions or would like to share your support by taking part in Save the Children's Justice for Rohingya campaign, get in touch at JusticeForRohingya@gmail.com.



Dealing with debt after the lockdown

This year has been a challenging one to say the least, and we're only halfway through it! Everyone has been affected by the coronavirus outbreak and the consequent lockdown, but the ways in which we've been affected individually may be very different.

If you previously had debt that you were managing well, it may be that a change in circumstances means this has now become a problem. You may no longer be able to make your regular repayments. However, there are helpful steps you can take to deal with it.

How to deal with problem debt

- Make a budget detailing your current income and expenditure (both essential and non-essential). There's a great budget planner on moneyadviceservice.org.uk which you could use to help with this.
 - Check what help or benefits you may be eligible to claim at turn2us.org.uk.
 - Look at what's left over in your budget. If you have more going out than coming in, where could you realistically cut back to free up some money? This might mean switching to a cheaper energy tariff or cancelling unused subscriptions.
 - If your budget is too tight, make a list of all the companies/people you owe money to.
 - Contact each one, explain the situation and ask about any payment holiday schemes they offer.

If you need extra support, take the step to seek professional advice from a debt advice charity such as Christians Against Poverty – see capuk.org for more information.

How paying down debt saves money

Alternatively, the lockdown may have seen you save on costs such as travel, eating lunch out, childcare and school trips. If this is the case, it may be possible to save what you would have normally spent and use it to pay down debt.

If you have savings at the moment, it's likely the interest you earn on them is almost nothing, so all you're doing is keeping the money in the bank and not actually getting anything for it. However, interest will continue to be added to any debts you owe every month, which means that having the debt could be costing you money right now.

It makes sense to decrease the amount of debt you have and lower the interest, if you're able to. There's lots of information on how to do this at moneysavingexpert.com.

Remember to keep a savings buffer for emergencies and unexpected costs.

Other ways to save money during (and after) the lockdown

You may find that you have more time to save for annual expenses such as your vehicle MOT. The DVLA has given an extension of up to six months for vehicles with an MOT expiring after 30 March – see gov.uk/dvla for more details.

If your vehicle is parked on the road, legally you need to keep it taxed and insured. If you have a garage or driveway available, you could declare your vehicle off the road with a Statutory Off-Road Notice (SORN). This means you won't have to pay for the road tax. See gov.uk/make-a-sorn for more information.

Christians Against Poverty (CAP) is a UK charity which, through local churches, delivers debt counselling, money management, job clubs, life skills groups, and support for people breaking habitual dependencies. Visit capuk.org to find out more. If you are in debt we are working locally so you can either contact Jo Scoones on 07770884570 or email johannascoones@capuk.org



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How to watch moths

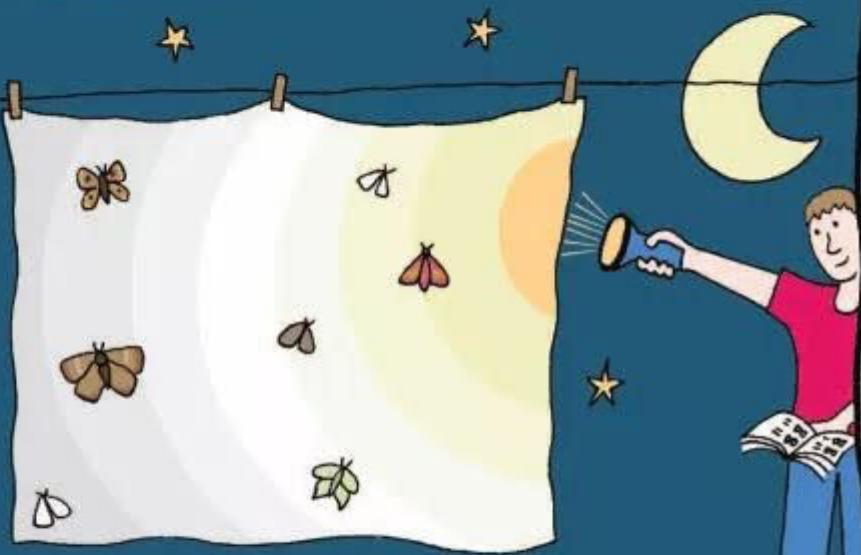
Wildlife
Watch



Light trap

What you need:

- white sheet
- washing line
- pegs
- bright lamp or torches

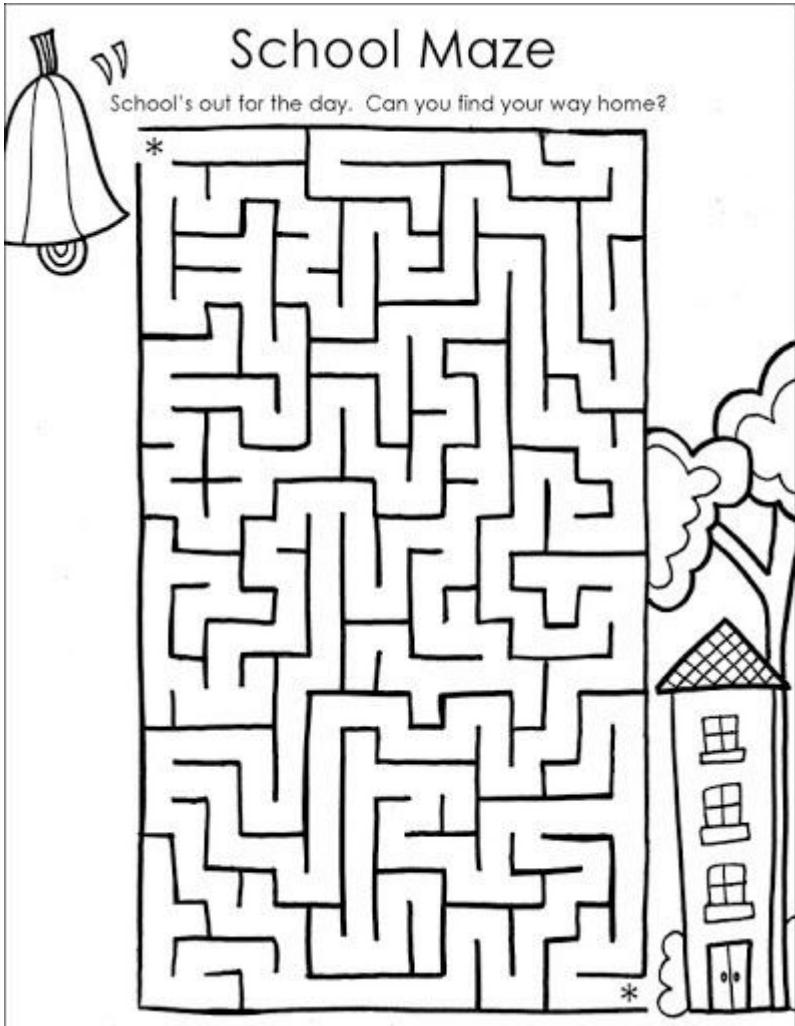


- 1 Peg your sheet on a washing line or over a branch.
- 2 Turn off nearby lights.
- 3 Shine your torch / light onto the sheet... wait patiently.
- 4 ID the moths that gather.

www.wildlifewatch.org.uk

© Connie Welch '10





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<https://www.scambs.gov.uk/bins/report-a-missed-collection/>



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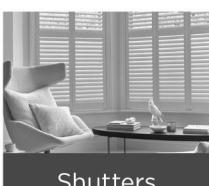
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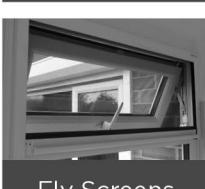
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