

# Northstowe News





**MAID IN CAMBRIDGE**  
WE ARE THE SPIRIT OF CLEAN

# Editor's Note

by Michelle Kemp

**Welcome to the first edition of Northstowe News.** Northstowe's first residents moved in 18 months ago and at time of writing we have approx 250 houses lived in with more people moving in every day. As you come into Northstowe you see two bill boards – the first says 'Things are happening in Northstowe' and the second says 'Northstowe – we build it, you make it'. Judging from the fantastic community we are building here I would say both statements are true. It's been wonderful meeting many of you at the monthly 'wing Wednesday events' at the community centre on Pathfinder way and I look forward to watching Northstowe grow over the coming years.

Of course we're not the first people to think Northstowe is a great place to live. In the summer I took part in the archaeological dig for phase 2. Under the area which will become the town centre and which was the old WW2 Barracks archaeologists have discovered a Roman town of significant size built on a crossroads and surrounded by smaller settlements. In the humble ditch I was given to excavate I found a bone hairpin and some bits of Roman pottery. Further north under what will be our town's allotments is a Saxon settlement. I find it fascinating to think about Northstowe's past and the people who may have lived here as we begin to build its future.



*Michelle*



HUGE THANK YOU TO

*Name of child*

FROM PATHFINDER PRIMARY SCHOOL  
FOR DESIGNING OUR FIRST EVER COVER



Do you enjoy reading?

Would you like to meet some new people?  
We are thinking of setting up a book club in  
Northstowe – would you be interested?  
We are planning to get together on Monday 10th  
of December at 7pm If you would like to join us  
please contact either [juliepurse@hotmail.com](mailto:juliepurse@hotmail.com) or  
[kmfountain74@hotmail.com](mailto:kmfountain74@hotmail.com)

CONTRIBUTE TO NORTHSTOWE NEWS

If you want to learn more about Northstowe News or submit adverts, ideas or articles please email [Northstowenews@gmail.com](mailto:Northstowenews@gmail.com)



NEW NORTHSTOWE RESIDENTS!  
DON'T MISS OUT!

Don't forget you can claim a free cycling course, £50 sports equipment voucher and 1 month free guided busway tickets by emailing:  
[Prajina.Baisyet@cambridgeshire.gov.uk](mailto:Prajina.Baisyet@cambridgeshire.gov.uk)



Hi to all Northstowe residents! I'm Richard Owen, and together with my wife Lauren we've been living on the Bloor development since June last year. Over this time we've seen Northstowe grow from a handful of houses, where it was possible to get almost everyone around for a BBQ in the street, to the 200 house town we have today. As we've grown, the sense of community has developed with us, and we have so many people working hard to organise events at the wing, set up social and sports committees, and even start our own newsletter!

In July this year, I became a councillor on Longstanton Parish Council. Northstowe is in the Longstanton Parish for the moment, at least until we get large enough to have our own council! In this role, I'm helping to ensure that the interests and concerns of Northstowe residents are heard, and that our town develops in a way that benefits those living here. If you have any problems or issues which you'd like raised, please feel free to get in touch at [cllr.owen@longstantonvillage.org](mailto:cllr.owen@longstantonvillage.org), or catch me at an event at the Community Wing.

On 6th November I, along with other local councillors, went on a tour of Phases 2 & 3 of Northstowe guided by Homes England. It was very exciting to see the progress made on phase 2 already and to hear about future plans for development. It's encouraging to see care being taken to preserve natural resources such as lakes as well as historic landmarks - most of the Oakington Pillboxes you may have seen when travelling along the busway (pictured) are being turned into bat roosts! First occupations in Phase 2 are expected in Summer 2020, with 500 houses to be built per year. Early next year, there will be public consultation on what we want in the town centre; this is our big chance to shape our town, so I'd encourage everyone to come along and let Homes England know what we want.

I hope to have more updates to share to you in issue 2 of Northstowe News - until then, enjoy all the events over the next few months!

Cllr Richard Owen

# Parish Council Update

## Bin Collection Dates

6th December Blue & Green  
13th December Black  
20th December Blue & Green  
28th December Black  
4th January Blue  
10th January Black  
17th January Blue & Green  
24th January Black

If your bins are not emptied when they are supposed to be report it on [www.scamps.gov.uk](http://www.scamps.gov.uk) the same day for next day collection and flag it on the pioneers site.

# What's On In Northstowe

Day	Event	Times	Venue	Contact details
Monday	Little learners (0-5 yrs )	10am-11:30	Community wing	01954 284672
Monday	Mini Moovers (6 months-4 yrs)	13:30-14:00	Pathfinder school	<a href="http://www.stardustacademy.com">www.stardustacademy.com</a>
Monday	Baby Ballerinas (2-4 yr old)	13:00-13:30	Pathfinder school	<a href="http://www.stardustacademy.com">www.stardustacademy.com</a>
Tuesday	Breakfast club for Pathfinder school	7:30-8:40	Pathfinder school	Infokickstart18@gmail.com
Tuesday	Yoga	19:15-20:15	Pathfinder wing	FB Northstowe Pioneers site
Tuesday	Games night	19:30-23:30	21 Heron road	The Colliers - FB Northstowe Gamers page
Wednesday	KS2 Football	15:20-17:30	Pathfinder school	Infokickstart18@gmail.com
Wednesday	Aeorbics	19:15-20:15	Pathfinder wing	FB Northstowe Pioneers site
2 <sup>nd</sup> Wednesday	Wing Wednesday	17:00-20:00	Pathfinder wing	Jon London Jon.london@southcambs.gov.uk
Thursday	Dog walking group	16:00-17:00	Meet on the Green	Maria Harrison FB Northstowe Pioneers site
Friday	KS1 multisports	15:20-16:30	Pathfinder school	Infokickstart18@gmail.com
Friday	Happidojo Judo	17:00-18:00 (4-7yr olds) 18:00-19:00 (8-seniors)	Pathfinder school	<a href="http://www.happidojo.co.uk">www.happidojo.co.uk</a> 07905378857
Friday	Short stroll	10:00-12:00	Meet on the Green	Kathy Males FB Northstowe Pioneers site

# *Seasonal Events Diary*

**Saturday November 24<sup>th</sup>**

Willingham Christmas Craft Fayre and  
santa's grotto  
Willingham Social club  
10-14:00

**Saturday December 1<sup>st</sup>**

The Longstanton Village Market will be  
from 2pm -4pm followed by the  
Christmas Lights. The event will actually  
start at 5pm (Carols and the switch on at  
the Christmas tree) with Waterbeach  
Brass Band.

Willingham light parade and advent  
windows

Starts outside 41 The high street and  
makes its way to the Baptist Church for  
Juke box carols  
18:30 start

**Sunday December 2<sup>nd</sup>**

Northstowe Christmas tree light up  
The Green, Northstowe  
18:00

**Saturday December 8<sup>th</sup>**

Pathfinder school Christmas Market  
Pathfinder School, Northstowe  
12-15:00

**Wednesday December 12<sup>th</sup>**

Wing Wednesday craft and carols  
Community wing, Pathfinder way,  
Northstowe  
18:00-21:00

**Sunday December 16<sup>th</sup>**

Emmaunal Church carol service  
Memorial hall, Swaysey  
10:30 - 12 am

**Friday December 21<sup>st</sup>**

Illuminate Northstowe  
Light up your front windows for  
Northstowe on the years longest night  
Carols at the Tree  
19:00 onwards

**Sunday December 23<sup>rd</sup>**

Emmaunal church carol service  
Memorial hall, Swaysey  
10:30-12:00

Blue Christmas (a space for people who  
find Christmas hard)

Swaysey parish church  
20:00-21:00

**Monday 24<sup>th</sup> Dec**

4 - 5.30pm - "Messy Church" Christingle  
-- Pathfinder School, Northstowe 11.30pm  
- "Midnight" Communion Service, All  
Saint's Church, Longstanton

**Tuesday December 25<sup>th</sup>**

Christmas day service  
Pathfinder School  
10am -11am Christmas breakfast and  
service

Emmanual church service

Swaysey Memorial  
10:30-12:00

**Saturday Dec 29<sup>th</sup>**

Willingham walk (led by Kathy Males)  
Timing TBC

**Monday Dec 31<sup>st</sup>**

Guerilla New years Eve party  
'impromptu' meet at the Christmas tree  
on the Green for champagne at 23:55 to  
welcome in the New Year as a New town

**Tuesday 1<sup>st</sup> January**

New Years day walk  
Meet on The Green  
13:00-15:00

**Wednesday 9<sup>th</sup> January**

Wing Wednesday  
Community centre, Pathfinder way  
18:00-21:00

**Friday 25<sup>th</sup> January**

Burns night celebration  
Tickets available from the social  
committee  
[northstowesocialcommittee@gmail.com](mailto:northstowesocialcommittee@gmail.com)  
Pathfinder school

To include your event in our diary please  
email [northstovenews@gmail.com](mailto:northstovenews@gmail.com)

## Northstowe Christmas Trees

**£5 Donated to Northstowe Social Committee  
for every tree sold!**

- Family run business selling locally grown Christmas Trees
- Freshly cut Nordman Firs and Norway Spruces
  - Stands and Wreaths available
- Delivery and Recycling service available

### **Where to find us?**

Links Lane - Northstowe

### **When?**

Come and choose your tree on;

Saturday		8th Dec 11am-3pm	15th Dec 10am-4pm
Sunday	2nd Dec 11am-3pm	9th Dec 11am—3pm	16th Dec 10am - 4pm

Alternatively book your tree by contacting us at:

[northstowechristmastrees@gmail.com](mailto:northstowechristmastrees@gmail.com)

Or call us on 07773 123610

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Imagine the stress: you feel hungry and the children will be home soon but you have no money in your pocket and no food to feed them. You have used what little you had carefully, but it is not enough to last. This is a reality for some local people even in this day and age. Every day, Cambridge City Foodbank meets and helps people like this right across Cambridge and the surrounding area.

Cambridge is the most unequal city in the UK with many in high-paying jobs while others struggle on low paid jobs no job at all. At the same time rents are high. The people who come through the doors of the foodbank are surviving on very low income. However, they feel like they are constantly swimming against the current to keep up and any unexpected bill or change in benefits can wash them back. They can't keep up any longer and they come for help.

We can help because of the amazing support of ordinary people all over the city who donate food and money to the foodbank. You may already be one of those people.

We get no government funding and have no paid employees – just 140 dedicated volunteers.

In 2017 we provided food supplies to over 6,000 adults and children in the Cambridge area and we are seeing a significant increase in 2018. Universal Credit is a further stretch to our resources as many of the most vulnerable in our society are hit by payment delays.

You can help by putting items in the collection bin at local stores or by volunteering. See [www.cambridgecityfoodbank.org.uk](http://www.cambridgecityfoodbank.org.uk) and click "Give Help".

### Northstowe social committee

Over the last 18 months since the first residents moved to Northstowe a group of us have been getting together informally to put on some social events – Bring and share BBQs, picnics on the green, a Halloween to remember and we have many plans for a pretty amazing Christmas. However, so far all this has been done with no funding and a struggle to find venues.

The time has come to make us official – we've set up a Social committee so that we can apply for funding, make sure events are insured and start to think BIG!

If you want to be a part of this or would like to help with specific event or have ideas you'd like us to make possible please contact us [northstowesocialcommittee@gmail.com](mailto:northstowesocialcommittee@gmail.com)

## Northstowe Rocks    Join the hunt : FB NorthstoweRocks



### *Jon London - Community Development Officer*

I've been working here in Northstowe now for 9 months and in that time I've seen the population double, twice. There are around 600-700 people living in Northstowe.

A few people ask me why I post on Facebook as Jon Northstowe. The answer is Facebook rejected my real name, Jon London, as London is a place name, so going by Jon Northstowe seemed somehow appropriate.

I get a lot of questions from residents about the built environment so here are the answers:

- The secondary school will open in September 2019, with sports facilities coming online in 2020.
- The temporary path to the Guided Bus Way is now open! It's not a permanent path, or even something that was planned but requested by the community.
- The Northstowe Community Wing will be able to fully open when the primary school becomes an academy.
- Unfortunately shops & pubs are not like parks and schools, we at the council can't ask the developers to build them. The first pub in Northstowe will be built when there are enough people nearby to support a pub. Until then there are fantastic pubs in Willingham and other nearby villages. Some of them are struggling for business, which won't attract others to run a pub nearby. But it's a problem that is easy for you to help with!

All the best,

Jon London (Jon Northstowe)

## Help Wildlife this Winter

If your garden pond freezes over, ensure you make a hole in the ice for birds and animals to drink from. Toxic gases can also build up in the water of a frozen pond, which kill any fish or frogs. Stop ponds freezing in the first place by leaving a tennis ball floating in them

Top up bird baths over winter

Leave undisturbed wild areas in your garden – piles of leaves or log piles can make the perfect nest in which animals can hide and hibernate.

If creating a bonfire check underneath before you light it – hedgehogs and other animals may be hiding in it. Move the pile to a new location if you can just before burning.

Birds may find it difficult to find natural foods such as berries, insects, seeds, worms and fruit during the winter. Any extra food you can put out will help. Provide a range of seeds, fresh unsalted peanuts and table, cheese and fruits such as apples and pears. Garden birds also love dried mealworms.

Clean water and food will encourage visiting hedgehogs to return regularly to your garden. Minced meat, fresh liver, tinned dog food (not fish based), or even scrambled eggs appeal to these prickly creatures. Beware – hedgehogs like milk but it may cause severe diarrhoea.

Think about putting up bird boxes, insect homes or bat boxes in the garden to encourage some wild visitors in the spring.

# Full steam ahead for Northstowe Education Campus

Planning permission has been granted for Cambridgeshire's largest education campus which once completed will provide teaching and learning facilities for more than 3,000 students aged 0-19.

Cambridgeshire County Council has received the go ahead to develop Phase 1 of the Northstowe Education Campus, in partnership with South Cambridgeshire District Council and Homes England (HE), the government's national housing agency.

The first phase of the campus, which will cost around £45m, includes a secondary school, a multipurpose school hall / theatre space and drama studios, a sports hall large enough for four tennis courts, a gym, two dance studios, an all-weather floodlit football pitch and a 110-place Special Education Needs (SEN) school.

The secondary school, planned to open in September 2019, will be run by Cambridge Meridian Academies Trust (CMAT) and

will provide places for up to 600 pupils aged 11-16. It will then be extended in two subsequent phases to 1,200 and finally 1,800 pupils. The timing of these phases will be dependent upon the pace of housing development and demand for places from families moving into the catchment area.

The school will be the seventh secondary school to join CMAT and will work closely with CMAT's other schools across Cambridgeshire



[www.pathfinderschool.org.uk](http://www.pathfinderschool.org.uk)

01954 584801

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

## Poppy Appeal 2018

During the first two weeks of November the children and staff spent time remembering all those men, women and children who have been affected by war or conflict, both in this country and around the world, as well as mark the ultimate sacrifice made by service men and women. The children have enjoyed taking part in a number of projects supporting the 100th anniversary of the end of WWI.

## #hotchocfriday

Children who are recognised for going 'above and beyond' during the week get nominated by a member of staff to attend 'Hot Choc Friday'. Children are recognised for their positive attitude, doing something extra off their own back, going beyond in their learning (at their level) or showing exemplary manners.

## Animal Experience

## NSPCC Fundraising

In October the children took part in a sports challenge to raise much needed funds for the NSPCC. The children also took part in workshops on the theme of 'Speak Out ... Stay Safe'. The children raised a fantastic £367.35

Year 1 and 2 had a fantastic time at their animal experience recently. All the children really shone in the value of 'Respect' (listening to the information and holding the animals correctly and carefully), and 'Wonder' (asking lots of interesting and thoughtful questions). It was amazing to see children who were initially nervous of certain creatures, become confident and excited to touch or hold the animals.

# *Pathfinder church, Northstowe*

The lights of Christmas beckon. Northstowe's new community is eager to start new traditions as we put down roots: lighting up our first Christmas Tree; singing our first Carols around it. There too, perhaps, the lights will spread into half shadows, balancing welcome and 'space to belong' with 'when you are ready.'

And perhaps that balance is there in the Christmas story too – the vulnerable baby proclaimed as the Light of the World, born, not in the bright lights of the royal palace, but the half shadows of Bethlehem.

So this Christmas season; where might you find such in-between space? Perhaps one of these ideas will offer the 'dancing shadow's that you need as you find your place in this new community:

Get some fresh air or find a quiet spot at some point on Christmas Day to give yourself time to reflect on the need of the world for the love and peace that Jesus promises; and how growing love and peace takes time.

Light a candle for those for whom Christmas is a difficult or sad time; or join the Blue Christmas in Swavesey on December 23rd

Hide in the candlelight at the Longstanton midnight service on Christmas Eve, or behind a croissant at Northstowe's Christmas Day breakfast, and reflect on the Christian belief that Jesus' birth means God is with us in the shadows as well as the light.

Or perhaps simply make time for sharing simple presents slowly, together, rather than rushing. Take time to enjoy each other's pleasure, and be in the moment.

**Revd Beth Cope is the Anglican minister at Pathfinder Church, Northstowe. [www.northstowe.church](http://www.northstowe.church)**



## *Emmanuel Church Northstowe*

Emmanuel Church Northstowe began meeting as a church 29th April 2018. 30 people (+ children) from 5 Cambridge churches, who lived in the area or planned to move here, joined together to form a new local church for the new town of Northstowe. While we are frustratingly without a venue in Northstowe yet, we meet as a church for Northstowe every Sunday in Swavesey Memorial Hall 10:30am. And we're delighted that 4 families living in Northstowe are regularly there with us.

We are unashamed in focusing on Jesus who is called "Emmanuel", God with us. As we read of him in the Bible, we see that even after human beings have turned their backs on God, God has come as one of us to reopen the way for us to know our Maker. If you'd like to find out more about Jesus, we run Christianity Explored courses giving the basics of the good news about Jesus, and plenty of space to ask questions.

We focus on Jesus who welcomed and called everyone. And we hope we are being shaped by Jesus, so everyone is warmly welcome. Whether you are a Christian newly moved to the area and looking for a local church family to belong to, someone exploring spiritual questions, or just curious about what Emmanuel Church Northstowe is like, do pop in one Sunday. We're informal in style (no need to dress up), and have a creche for under 4s and 3 Bible clubs for primary age children during our Sunday service.

While we can't yet run Sunday services in Northstowe, we get involved where we can, so we hope to meet you at some of the Christmas events in Northstowe.



# Meet your neighbour - Rouda

Hello and welcome to Northstowe, a community that enjoys diversity!

My family and I originally come from Egypt; a country famous for its history.

I never lived in Egypt and my parents were so keen that my sisters and I spoke the Arabic language and acquired the culture.

Egypt's first language is Arabic and the Egyptian dialect is the second most spoken in the Arab region due to the influence of Egyptian media, having been dubbed "Hollywood of the Arab world". Our Egyptian language uses words from foreign nations that have ruled. Some include English, French, Italian, Greek and Turkish and some are formed from ancient languages such as Coptic and demotic.

The Egyptian culture is rich with beliefs, traditions and practices that have been endured for thousands of years. Religion plays a great role in our culture. One of my favourite practices that is present in both the Islamic and Christian faith, is the love to your neighbour. We are brought up to accept one's neighbours and to care for them when needed. What unites us is our love and acceptance to one another regardless of their faith and backgrounds, enjoying a faith and a love in God that removes all restriction in sharing and caring.

During the festive seasons and holidays, delicious dishes are gifted to the neighbours and never returned empty; food literally goes back and forth! The Egyptians love to eat and the cuisine is one to definitely try. We love to cook, and especially feed others.

I invite you to visit Egypt and discover what a wonderful country it really is.

Happy holidays from mine to yours!

*Note from the Editor: Next edition we will be celebrating International women's Day – it would be wonderful to hear more about the diverse cultures which make up Northstowe. If you'd like to feature please send your article to northstowenews@gmail.com by January 7th*

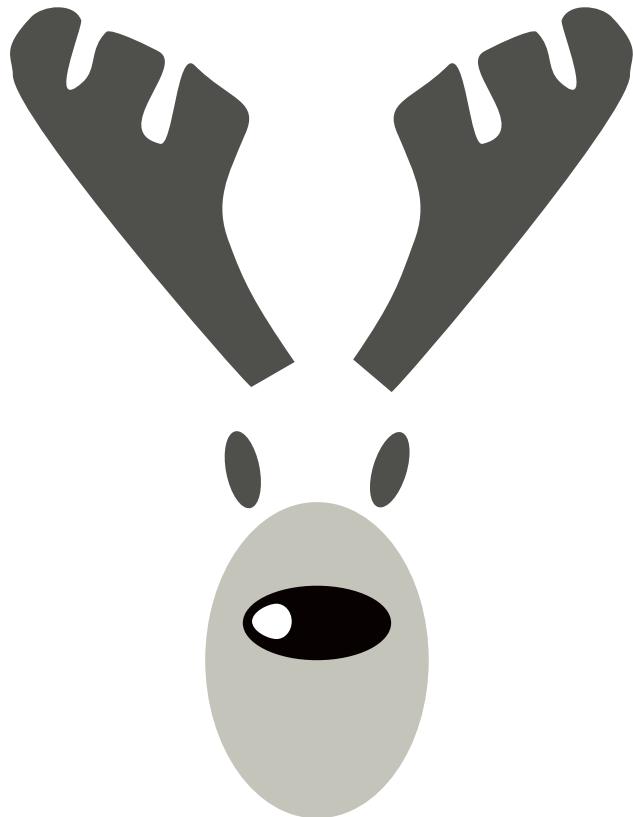
A sad statistic is that January is the peak month for domestic burglary and there's a 63% increase in burglaries during the winter months as dark long nights lead to more opportunity to commit crime unnoticed. Here at Northstowe we're not happy with those statistics and we've formed a Neighbourhood watch group to raise awareness of crime prevention and to look out for each other.

Here are some tips for keeping safe in the winter months:

- 1) When you're out leave a light on so it looks like someone is home. Light timers are available from many sources including Histon police station and amazon
- 2) Don't advertise what you have for thieves – don't leave presents in view of windows, only put them under the Christmas tree on Christmas Eve
- 3) Lock it or lose it – the front door, shed, back gate, car..... and don't leave keys near a door or window or under a doormat, thieves know where to find them
- 4) When out shopping don't leave bags on display in your car, hide them in the boot. Don't leave the sat nav in the car either
- 5) Don't leave empty packaging on display near your bins – it advertises what is in the house
- 6) Make sure your house is well lit, consider a motion sensitive light at the front and back of your house, it deters thieves
- 7) Use a UV pen to mark expensive items (such as your bike) and make a note of serial numbers
- 8) Consider a house/shed alarm. Shed alarms are available from Histon police station as well as amazon, ebay etc.
- 9) If you see suspicious behaviours report it – call 101 or message Northstowe neighbourhood watch

For more details join the FB page Northstowe phase 1 neighbourhood watch or join via [www.ourwatch.org.uk](http://www.ourwatch.org.uk).

# *Christmas Baking*



## *Egg- (and optionally dairy-) free Christmas Reindeer Brownies*

By Rachel Cope (age 10)

200g self-raising flour  
280g caster sugar  
80g oil  
200ml milk (or hazelnut milk)  
40g coco powder

Pre heat the oven to 180 degrees and line a circular tin.

First mix together the flour, sugar and coco powder in a bowl.

Second add the oil then the milk mix well  
Give it a final mix with either a balloon whisk or electric whisk

Pour into the lined tin and cook for 25 minutes

Leave to cool

Serves 16

16 pears or eating apples  
12 oz fresh or frozen cranberries  
8 tablespoons orange juice  
4 bananas thickly sliced  
12 – 18 tablespoons mincemeat  
8 oz butter  
1lb plain flour  
4 oz light brown sugar

## *Christmas Crumble*

### METHOD

Place pear for apple pieces, cranberries and orange juice in a saucepan, cover and cook gently over a low heat for 7 – 8 minutes.

Remove from heat and stir in banana and mincemeat.

Place in 2 pie dishes.

Rub butter into flour until it resembles breadcrumbs, stir in the sugar and then spoon the mixture onto the fruit.

Bake for 20 – 25 minutes until top is golden brown.

Gas mark 5, 190oC 375oF

Serve hot with custard.



For decorations

40g Icing sugar

A few drops of water

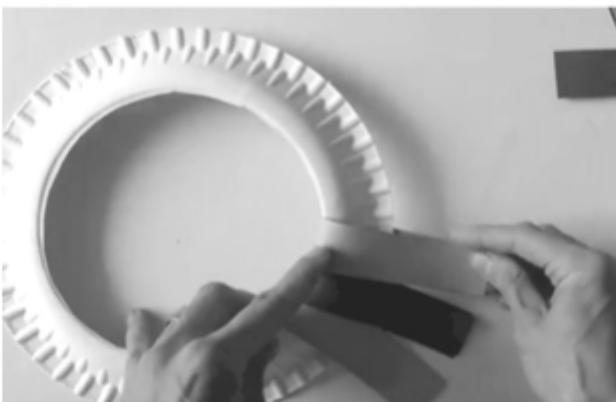
16 mini chocolate orange pieces (or dairy free alternative)

16 raisins

4 glassy cherries

Make a thick icing with icing sugar and water  
Then stick on, with the icing, two mini chocolate oranges, two raisins and half of a cherry on each, as in the design on the picture.

# *Christmas Crafts*



What you need:  
A paper plate  
Scissors  
Coloured paper  
Ribbon  
Pompoms  
Imagination

**Step one**  
Cut out a ring from the edge of the plate

**Step two**  
Stick different coloured strips of green paper round the plate.

**Step three**  
Cut the ends into ribbons or round off the edges

**Step four**  
Make a concertina from white paper and stick on a yellow and orange paper flame

**Step five**  
Stick the candle in the middle

**Step six**  
Hang up your wreath





ADVENT FAYRE 24TH NOVEMBER

2-5 PM

ALL SAINTS' CHURCH, LONGSTANTON

CHRISTMAS CARDS, ADVENT CALENDARS

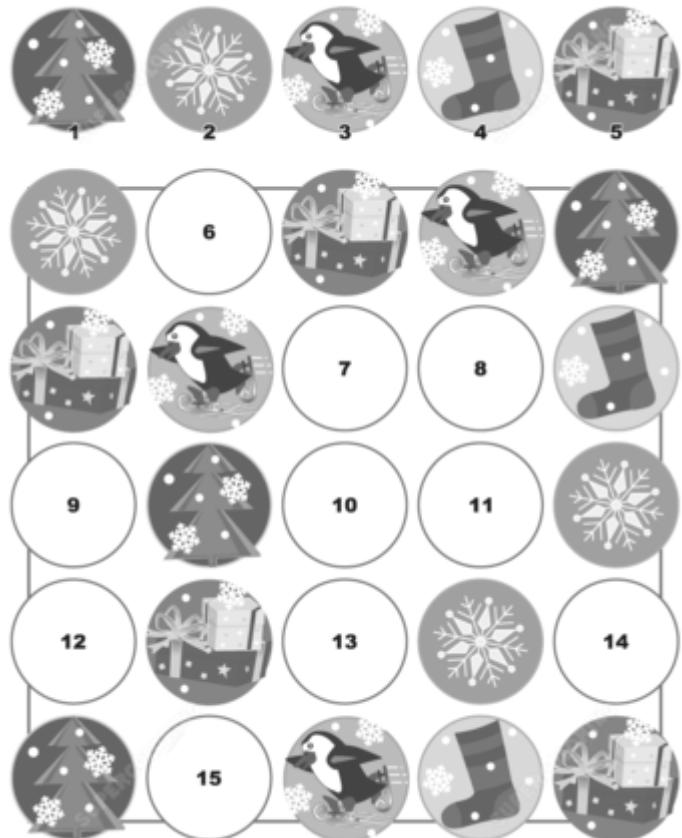
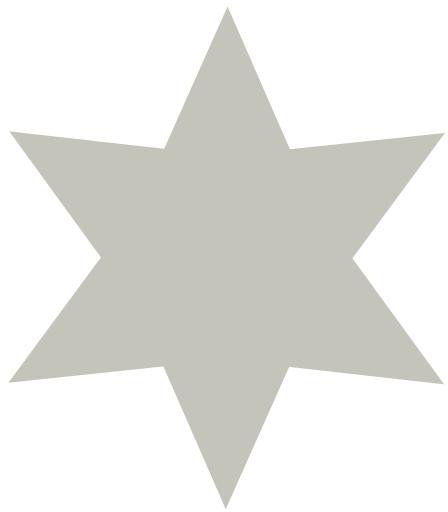
CAKES, JAMS, CHUTNEYS, PUDDINGS

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# *Living History Arrives At Northstowe*



Anybody passing by the Green on Saturday, Oct. 20, may have noticed a small group of people sword fighting.

Don't worry, it was just a visit from the Shire of Flintheath, the local branch of the Society for Creative Anachronism, or SCA. We had a great time and appreciated the warm Northstowe welcome!

The SCA is a living history group; we combine research into various parts of historical life with light-hearted medieval re-enactment to create a mixture of education, creation, and fun. Combat isn't all we do, as anybody who came and spoke to our artisans discovered.



While some train in fencing, armoured combat, and archery, members of the SCA also practice various arts and sciences such as brewing, cooking, costume-making, illuminating manuscripts, music, dance, metalworking and many other medieval crafts. A member can participate in any or all of the activities offered and may enter into re-enactment as much or as little as he or she may choose. We make no distinction between genders: men and women take part in all SCA activities!

We're always looking for new members to join us in the Modern Middle Ages. If you're interested in a fun, low-pressure hobby with a historical emphasis, or you just want to find out more about who we are and what we do, check out our website at <http://www.flintheath.org.uk/>, get in touch at [chatelaine@flintheath.org.uk](mailto:chatelaine@flintheath.org.uk), or just come and talk to us at one of our practices on Waterbeach Green, most Saturday afternoons!



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unisex beauty & holistic therapists  
[www.classicbeauty-cottenham.co.uk](http://www.classicbeauty-cottenham.co.uk) 01954 280080

## WE ARE MOVING

We have some very exciting news, we are moving premises in January 2019.

Our new address will be

The Orchards 88A Balland Field Willingham CB24 5JU

Please follow us on Facebook or visit our website to stay in touch and to find out when we will be opening in Willingham and to book your beauty treatment at our current premises in Cottenham.

We would like to thank all our clients for their support over the last 15 years and hope to see you all at our new Salon.

Come on over to the Cottenham Salon before 22nd December and collect our special offer letter\* offering a **money off** discount on your first treatment in the new Salon!  
\*One letter per client

Check out our frequently updated Facebook Page 'Classic Beauty of Cottenham' for all the monthly offers and competitions to win prizes!  
\*name change in the New Year

Along with our new Salon we're excited to announce our new product range!  
**NEAL'S YARD REMEDIES**

Offering Natural Organic Health & Beauty



Judy, Tanya and Vivien would like to take this opportunity to wish all our clients, old and new, a very Merry Christmas and Happy New Year! See you all in Willingham xx

**We hope you love our new relaxing environment**  
**Thank you all for your continued support**

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# *Stardust Dance Academy*

[www.stardustdanceacademy.com](http://www.stardustdanceacademy.com)  
Hannah@stardustdanceacademy.com

Baby Ballerinas: Mondays 1pm at Pathfinder Primary school | ages 2-4 | £4.50 Designed for children 2-4 years to introduce them to the beautiful world of Ballet using music, play, props and more following our exciting syllabus.

Mini Movers: Mondays 1.30pm at Pathfinder Primary school ages | 0-4 | £4A fun class for pre-school children and their grown up to enjoy dancing, action songs, musical instruments, singing, bubbles, bean bags & more in a friendly & relaxed atmosphere.

Aerobics: Wednesday 7.15pm-8pm at the Wing Community Centre | Adults| £5A dance based aerobic warm up followed by some mat based conditioning to tone and strengthen the major muscle groups. Open to all abilities - mats are provided but feel free to bring your own.

I also offer a large range of additional classes for children of all ages in other venues such as Tesco Bar hill and Arbury



We're all residents of the Northstowe phase 1 development and got together after some people expressed interest in setting up sports and wellbeing activities.

So far there have been cycle rides, mindful walks, yoga classes Zumba classes, Aerobics classes and children's dance classes. What's next? Using the questionnaire that was handed out on several Wing Wednesdays, we found that the leading requests for sports groups were for badminton, ping-pong and dance class based exercise.

We've been working to secure funding to help provide this equipment in the community wing and the Pathfinder primary school.

If you haven't completed the Active new communities questionnaire already, please ask Jon for one at the next Wing Wednesday.



Chloe.Brown@Livingsport.co.uk



Yoga is gaining in popularity. More and more classes pop up not just in Britain, but globally. What are the benefits?

Well, these are manifold. For starters it improves your flexibility. You don't have to be flexible to start yoga, this will come with time. In fact, being inflexible is a good reason to start doing yoga!

Some types of yoga are quite relaxing and will focus on stretching, like yin yoga, but others will have a mixture of strengthening your muscles as well as stretching them. Coupled with proper alignment techniques you will also find your posture improving. And that niggling back pain may also just be a memory of the past.

Stretching, bending, twisting, weight bearing and balancing postures will increase blood flow, better your bone health and boost immunity.

Pranayama, which are breathing exercises, can lower blood pressure and increase lung capacity. So, what's not to like?

If you fancy giving it a go, come to the community wing at Northstowe primary school, every Tuesday 7.15-8.15pm! Sessions cost £5 each. Prior booking not needed.

# Wing Wednesday

Northstowe Community Wing, (next to Pathfinder Primary School)

Second  
Wednesday  
of the month

6pm – 10pm



- Kitchen area – bring your dinner!
- Pre-school play area
- Northstowe micro-library open
- Talk to Community Development Officer
- Bookable rooms for your community group

Music •

Board Games •

Get to know your neighbours •

Find out what's on in the area •

Hot drink donations gratefully received •



South  
Cambridgeshire  
District Council

\*Unfortunately the community wing is not yet fully open and cannot be booked for commercial purposes

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