

Northstowe News

By Northstowe Community – For Northstowe Community

Issue 24

December 2022 / January 2023



In this issue...

Northstowe Winter Festival!
plus all the News and Updates from
Northstowe's social clubs and groups

News and Updates

EDITORS' WELCOME

Where has the year gone?!

It seems to have been a particularly busy few months, with lots of news and lots of changes – some of that you'll find written in the next few pages. But there's also a lot to look forward to in the next few months, and you can read all about them in the rest of this bumper issue of the Northstowe News!

We're particularly looking forward to the Winter Festival, and the lighting up of the tree on the Green. It looks set to be a joyous occasions with food, and drink, and music, and people from all across Northstowe's diverse community.

We hope to see you there in your hundreds!

Want to advertise in Northstowe News?

Over 1000 copies of each issue are delivered, a free magazine to every residence in Northstowe. If you want your business to be included, contact janetpendrill@gmail.com for more details. Annual discount rates are available.

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Front Cover photo by Andrew Collier

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

The submission deadline for the February / March issue is January 1st.

The cost of printing and distribution of this magazine was supported, in part, by the Cambridgeshire Community Foundation.



HOUSEHOLD BIN COLLECTIONS

Thursday 1 st December	Blue and Green Bins
Thursday 8 th December	Black Bin
Thursday 15 th December	Blue and Green Bins
Thursday 22 nd December	Black Bin
Saturday 31st December	Blue Bin
Saturday 7th January	Black Bin
Friday 13th January	Blue and Green Bins
Thursday 19 th January	Black Bin
Thursday 26 th January	Blue Bin



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

COMMUNITY CENTRE PLAN ABANDONED

South Cambridgeshire District Council have dropped their plans to repurpose the Taylor Wimpey show homes and sales office into a much-needed community facility for Northstowe.



SCDC failed to reassure the near neighbours that they would not be adversely affected by noise, parking, and overlooking of their properties.

During detailed legal checks, it was determined that the community facility could be challenged at any time during the three years it was due to be operational. Continuing with the purchase would therefore be a risk which the Council has said would not be appropriate.

South Cambridgeshire District Council's Lead Cabinet Member for Communities, Cllr Bill Handley, said: "We remain committed to trying to provide the best facilities for Northstowe residents and will be exploring other avenues urgently. We'll keep working with partners, including Northstowe Town Council, to review the alternatives before making a further announcement when we can."

The council aim to submit a planning application in Spring 2023 for the permanent Phase one Community Centre to be built adjacent to The Green, with potential delivery in 2025.

MAKE YOURSELF HEARD: CONSULTATION FOR THE CAMBRIDGE 'SUSTAINABLE TRAVEL ZONE'

The Greater Cambridge Partnership (GCP), has launched a public consultation on their plans to improve public transport. This will affect all of us in Cambridgeshire.

This would see investments in the bus network alongside better walking and cycling links. These upgrades would be funded by the later introduction of a Sustainable Travel Zone – a charge to those who continue to use their own road vehicles.

The scheme promises new bus routes in the city and surrounding towns and villages, with longer operating hours and more frequent service, and a flat fare to make public transport cheap and accessible for all; with passengers paying £1 to travel in the city and £2 in the travel to work area. The GCP estimates that it would result in 20,000 extra journeys made by bus, and an additional 60,000 trips would be made by cycling and walking.

The proposals do not go into any detail of how the bus companies might address the current shortage of drivers which has made it challenging for them to fulfil even their current service commitments.

DEFIBRILLATOR NOT CURRENTLY AVAILABLE

The defibrillator located at the David Wilson Homes sales office is not available to residents any more, due to building works blocking the path that leads to where it is located. The council are looking at options to relocate it as a priority, Pathfinder Primary being one of the preferred locations.

AVIAN FLU LOCKDOWN

South Cambridgeshire District Council is urging local bird keepers, including pet bird owners, to keep their birds inside as the country faces its biggest ever outbreak of avian flu.

The lockdown housing rules legally require all keepers to ensure their birds, regardless of type or size, are indoors and to follow stringent biosecurity measures such as keeping the number of people entering the bird enclosure to a minimum and using specific footwear that can be cleaned before and after entering the enclosure, just for dealing with the birds.

To achieve the requirements, birds must be kept in an area that is fully covered, so as not to allow wild birds to enter or their faeces to contaminate the area.

Failure to comply with the housing measures set by the Department of Environment, Food & Rural Affairs (DEFRA) could result in a fine. Further details can be found on the government website gov.uk/bird-flu

Under the proposals, all vehicle movements into, out of and within the STZ would pay a flat daily charge between 7am and 7pm on weekdays of at least £5 – this includes all cars including electric cars, mopeds and motorbikes. Vans would be charged £10 to start with and coaches £50. The money generated by the STZ, which would not be introduced until 2025, would be ringfenced for the bus network and other transport improvements.

This means if you use a car to drop children at school, commute into Cambridge for work, do the weekly shop or visit sick relatives at Addenbrookes, Papworth or the Rosie you will be charged for the journey. You will also be charged if you need to attend the hospitals for routine treatments, leading to concerns that some unwell people will be unable to afford to attend. Nurses, porters, midwives and doctors working in the hospitals are not exempt, nor are any workers who need to transport bulky equipment.

The GCP is developing a package of exemptions and discounts to support those on lower incomes, blue badge holders and emergency service vehicles. Critically ill patients who visit A&E will also be able to apply for reimbursement, but outpatient visits will not be eligible, nor will routine antenatal appointments.

It is expected that the scheme would cut the number of car trips in Cambridge by 50%, improving air quality and generating the funding and road space required to deliver the future bus network.

Cllr Elisa Meschini, Chair of the GCP's Executive Board, said: "This is one of the most important public consultations our region has seen and so I encourage everyone to carefully consider the ambitious proposals we have put forward and share their views with us."

Whatever your views, if you ever travel into Cambridge for work, shopping, healthcare or entertainment it's important to get the full picture and let your voice be heard. The consultation closes Friday 23rd December.

<https://www.greatercambridge.org.uk/mc-2022>

**imagine
if.**



**WE HAD £50M
A YEAR TO INVEST IN
PUBLIC TRANSPORT**

HAVE YOUR SAY ON MAKING CONNECTIONS

We want your feedback on improvements to bus services, cycling and walking, and introducing a Sustainable Travel Zone in Cambridge. Vehicles would pay to drive in the Zone at certain times.

Find out more at www.greatercambridge.org.uk/mc-2022
Consultation opens on 17 October and closes midday on 23 December



DISTRICT COUNCIL

FAREWELL TO COUNCILLORS ALEX MALYON AND SARAH CHEUNG JOHNSON



At the end of September, Councillors Alex Malyon and Sarah Cheung Johnson announced their resignation from the District Council for personal reasons.

Sarah Cheung Johnson said, "It is with great regret that Alex and I

have decided to step down from our roles as district councillors for Longstanton, Northstowe, Oakington and Westwick.

"As many of you will know we both have very young children and have also continued to work, I work for the University and Alex as a nurse in the NHS, alongside being District Councillors. We have reluctantly come to the conclusion that we can no longer balance the considerable pressures and workload involved in being a councillor for this growing area with these other family and work commitments."

Alex Malyon said, "Representing the community in which I live for the last five years as part of the local team of Liberal Democrat campaigners has been one of the greatest privileges I could imagine."

"Sarah and I will continue to do all we can to support the local Liberal Democrat team in standing up for our community."

Northstowe News would like to thank Alex and Sarah for their many years of hard work supporting the community in Northstowe, especially for their active participation in the Community Forum, and their efforts to keep community facilities open in Northstowe. They have always been ready to answer questions in the local Facebook groups and help people understand and engage with the local issues.

BY-ELECTION RESULT

A by-election was held in November to fill the resulting vacancies. The nine candidates campaigned hard on many local and wider issues, including the lack of progress on community facilities in Northstowe, the proposals for the Sustainable Travel Zone in Cambridge, and concerns about whether Northstowe's development is a cause of the still-below-normal groundwater levels in Longstanton. On a turnout of just 33.63%, the result is that the Liberal Democrats have kept one seat while the Conservatives have taken the other.

We welcome both our new councillors and look forward to seeing them deliver on their ambitious promises for the area.

Natalie Warren-Green (Liberal Democrat) 578

Tom Bygott (Conservative Party Candidate) 566

Lawrence Zeegen (Liberal Democrat) 534

Debbie Poyer (Independent) 422

Dan Greef (Labour Party) 411

Khadijeh Zargar (Conservative Party Candidate) 394

Anand Pillai (Labour Party) 266

Silke Scott-Mance (Green Party) 169

Colin Coe (Green Party) 85

Cllr Natalie Warren-Green

The by-election for two District Councillors for the Longstanton Ward, which includes Northstowe, Oakington and Westwick, took place on the 3rd November 2022. I would like to thank all those residents of Longstanton Ward who voted for me to become the top candidate and I feel both honoured and privileged to have now signed my acceptance of office.



Nine candidates stood for election to replace Cllrs Alex Malyon and Sarah Cheung Johnson who resigned in October. I would like to extend my gratitude and appreciation to Sarah and Alex, who have fully briefed me having themselves made the decision to step down and focus on their families after 4 years serving this community. Their hard work and commitment throughout their tenure has been recognised by many residents and I have been told often while canvassing that 'Theirs are big shoes to fill'. I do hope they can now enjoy having more time with their families and am pleased to remain in contact with them to provide continuity. I also would like to thank Cllr Firouz Thompson for her support during the Campaign and I look forward to working with you as a strong and coordinated team, with you in your remit of County Councillor, as well as with Cllr Bill Handley, Lead Cabinet Member for New Towns and Cllr Tumi Hawkins for Planning at South Cambridgeshire District Council.

Personally, I am looking forward to learning more about the situations to manage across the communities of the ward. I am keen to apply my experience of change, transformation, and transition in the public and private sector to help address the frustrations of the community, and to support progress on housing and amenity development, local transport and related charges, and issues with water and environmental factors, being experienced in Northstowe, Longstanston, and Oakington & Westwick.

The Liberal Democrats are the ones that can deliver for the community as we run the Council. We have listened hard to a clear message from residents in this by-election that they trust us but that we need to show progress on the local issues I've mentioned, like water, and on delivery of facilities in Northstowe, as well as about public transport. I'll be working hard with Northstowe Town Council, Longstanton, Oakington and Westwick Parish Councils, community groups, residents, and Senior Delivery Managers at SCDC to make a difference. I look forward to discussions with my new colleague, the Conservative Councillor, Tom Bygott, and I'm confident that we can work together to get the best for our community.

It is a privilege, for the next three years, to represent the community in all the situations being faced during this exciting time of development.

Please do not hesitate to contact me with your questions, views, or issues. I can be contacted via this email: cllr.warren@scambs.gov.uk



Editor's note: We also reached out to Cllr Tom Bygott and invited him to submit a similar introductory column. Unfortunately we had to go to print very soon after the election and he has not been able to supply his piece in time.

Celebrate winter together in Northstowe

Northstowe Winter Festival

Nov.2022-Feb.2023

Fairs
Shows
Workshops
and more!

Find out what's on locally

northstowewinterfestival.co.uk



NORTHSTOWE TOWN COUNCIL

TOWN MAYOR, CLLR RICHARD OWEN



Hi Northstowe! Over the past few months it's been great to see so many events happening here. I was honoured to go to the Ganesh Chaturthi festival organised by Hindu Samaj -

it was wonderful to be part of this and see the traditional songs and performances! As we move into December, plans for festive events are being finalised - the second Northstowe Winter Festival run by Northstowe Arts will be a great celebration with craft markets, food trucks and other community events, and our Christmas Tree will be lit as part of the "Light up Northstowe" event on 3rd December. I'm looking forward to seeing lots of us coming out to take part in these events over the next few months!

In October, the first meeting of the new Northstowe Delivery Group took place, with membership from the Town Council, County Council and SCDC - the two new District Councillors elected on November 3rd are also members of this group. Its remit is to oversee work and progress on delivering the buildings our community badly needs - the Sports Pavilion which has just started construction next to the 3G pitch (and which should be opening next summer to support formal use of all the pitches we have on Western Park), the Phase 1 Community Centre and the Civic Hub in the town centre.

We are also working to bring forward plans for an interim community facility which will provide much needed space for groups to meet until the permanent facility is built, one which will fit the requirements for groups today with room to grow as the town continues to expand over the next three years. As these plans come forward, we'll be sharing details with you and getting feedback to make sure this works for the whole community.

Northstowe Town Council currently has one vacancy which we'll be looking to fill in December. If you're interested in this position, please don't hesitate to get in touch with the Town Clerk, Mark Nokkert (townclerk@northstowetowncouncil.gov.uk) or myself (cllr.owen@northstowetowncouncil.gov.uk) with any questions about the role or to get an application form. It's a really exciting time to be part of the council, with development starting on the local centre and facilities which will bring so much to us living here!

Have a fantastic holiday season, and a very Happy New Year!

Cllr Richard Owen, Town Mayor

TOWN CLERK, MARK NOKKERT

The Council is recruiting for a new staff member – Could this be you?

As the Mayor mentioned, the Town Council is currently recruiting to expand its central staffing base: we are seeking a Deputy Clerk.

This is an exciting opportunity if you wish to make a real contribution to the future development of the Northstowe community. If you are service driven with a positive approach, then we would like to hear from you!

This post is initially for a one-year period on a 3.5 days/week flexible-working basis; as Northstowe grows and the Town Council may take on more responsibilities including potentially managing facilities and other assets, the Town Council may review its staffing structure and staffing needs, and more staff may be recruited in future.

Do you see yourself as an innovative, forward-thinking and pro-active person who can support the Town Clerk in the myriad of statutory and administrative duties and to support the Town Councillors in achieving their aims and aspirations for the council and the community? You will also be taking the lead in much of the work around communications, market development, community engagement and event coordination.

The Town Council is looking for someone who is self-motivated, has excellent time management, organisational and administrative skills, and with an ability to build and maintain constructive relationships with a wide variety of stakeholders.

Could this be you?

Then do not hesitate and apply – the deadline for applications is 18th December, with interviews planned at the start of January. For more details, a Job Description, Person Specification and Application Form, please see the Town Council's website, www.northstowetowncouncil.gov.uk.

Contact me if you wish to know more or have any question; it will be good to hear from you.

Mark Nokkert, Town Clerk

UPDATE ON MARKET NORTHSTOWE MARKET

Cllr Carla Bros Sabria

The market survey, launched in March, was overwhelmingly in favour for a market in Northstowe, and the Council set its ambition to launch it by end of 2022. However, the process of consulting all stakeholders and receiving all necessary permits is taking longer than anticipated and we are now expecting to start the market in Spring 2023. The market at its initial, pilot, phase is anticipated to be weekly, outdoor with a variety of stalls selling daily basics.

The good news is that we are looking at organising a series of three monthly, indoor markets in January, February and March 2023 to give something to the community to look forward to and also learn lessons in the process.

More details will follow and will be communicated in the Town Council website and social media and notice boards when available.

UPDATES FROM THE COMMUNITY FORUM

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

- Work on the **Northstowe and Longstanton Heritage Annex** has begun. Laying the foundations can proceed in parallel with building the modules (at a factory in Liverpool) and they will be delivered around the end of January. The exhibitions will be installed in March, and the site is projected to open to visitors by *Easter 2023*.
- “Central One” is the **Town Centre development** delivering market hall, convenience store, public open spaces and residential units. Homes England are entering into contract with the preferred bidder, to be announced around January. First delivery probably 2024, continuing until everything is complete in *early 2027*.
- The first **Phase 2B residential area** (just south of Rampton Drift) starts on site *November 2022*, with sales release around the start of Q2 and first homes complete hopefully by *August 2023*. There will be 300 homes, 40% on the open market, 40% discounted market (sold to 1st time buyers on incomes < £80k) and 20% affordable rentals to be managed by SCDC.
- The **Urban Splash** properties at Inholm are in the process of being completed. The remaining plots of **Phase 2A** (for 200 homes) will go back out to market for a new development partner. The tender and bidding process will begin *early 2023*.
- The **Southern Access Road West** has needed additional works to the footway before it can safely open. No opening date is yet scheduled.
- **Greenbelt** have taken on responsibility for more areas including (from this month) the northern park. The anticipated charge this year is £118.53 including VAT (up from £80 last year - they are trying to keep costs as low as possible but there are some costs they are unable to control). There are additional fees for residents in some areas. All bills sent will show a breakdown of costs. For any queries, please contact the customer care department.
- **Stagecoach** are “truly sorry not to be delivering the service you deserve”, but the core problem is availability of drivers. They are pumping as much money as they can into pay and conditions but the whole industry is having trouble. There are 10 training buses in the region, and a full-time recruitment officer, but it takes 12 weeks to train a driver fully and they will not ever compromise on safety.
- SCDC will build an **interim community facility**, using rapid construction techniques (similar to the Heritage Annex) on the Enterprise Zone land. Procurement is going on in the background, which must be done properly but as quickly as possible. Expressions of Interest (EOI) with potential development partners are happening this week, it will be presented to planning committee in *February*, and they are aiming for a *Spring 2023* opening. SCDC maintain this timescale is realistic, if the planning application is supported. Northstowe Delivery Group chair will insist on transparency if there is potential for slippage.
- When Stirling Road is completed and adopted in *2024*, there will still be **no marked Zebra or Pelican crossing**. The road will be raised at junctions, and at the crossing of the greenway, but the Principal Transport Officer at CCC “lost the argument” with his colleagues to plan crossings that have any legal force.

The next Forum will be held on **11th January 2023** from 6-9pm. Northstowe Community Forum is *your opportunity* to hear directly from the developers, the councils, and other public sector bodies, to ask questions and find out everything about what's been happening recently and their plans for the future.



✉ Wednesday 11th January 2023
Drop-in 6pm, Presentations 7pm

📍 Northstowe Secondary College

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

Why did we have to delay the start of the market?

There is a lot of intense work happening behind the scenes. We were eager and enthusiastic to hit the road running and fill that gap in the lack of services we are experiencing, but we did not envisage some of the steps required by the Council to set up a regular market, even as a pilot run.

We are taking all the necessary steps need to make sure that public funds are spent wisely and that the market will be legally established, safe, economically viable for traders, and benefit the community. In short, we need to get it right, from the start.

We also, as town councillors, have limited capacity as we have a wide range of duties in other areas of the Council, as well as our jobs and personal lives.

What we have done so far:

- **Research:** as we are no experts in markets, we have had to start by doing fact-finding and research: What markets do we have in the area already? How do they look like? What should we consider? What type of markets exist? We talked to local people running or selling in markets, and national experts, to learn DOs and DON'Ts from first hand. We sought advice from SCDC business team with whom we regularly meet.
- **Consultation:** we ran the market survey to gather community views and interests with a phenomenal turnover (see market results on the Town Council web site, or printed in issue 22 of the Northstowe News)
- **Market proposal:** based on survey results, findings from research, and input received, we developed a proposal for the kind of market NTC should aim for. We explored options for locations, considered best frequency and type of stalls, and established that the town needs a weekly market on a weekend day with a variety of stalls selling daily basics, with refreshments and hot food.
- **Permissions and legalities:** we are in contact with partners and authorities in order to run the market in a legal, safe and effective way. These include: local authorities and developers, landowners, open spaces management company, potential additional parking sites owners, waste services, safety advisory group.
- **Fundraising:** secured a grant via SCDC to help with costs.
- **Traders:** talking to potential traders in other markets to gather interest in our new market. We have received some positive replies and are working to come with the right mix of products range and prices for the community.
- **Expert advice:** the Council joined the National Association of British Market Authorities, in order to obtain legal and practical advice from those who know best and reassure us that we are moving in the right direction and taking all necessary steps.

What do we still need to do?

- Talk to residents around the Green to flag and address any major concerns from having the market close to their homes.
- Finalise the business plan for approval by the Council. This will cover operational details, financial and marketing plan.
- Continue liaising with partners in order to obtain license and associated facilities for the market such as access to toilet and parking.
- Legal steps, such as formal resolutions taken by the Council.
- Launch a formal expression of interest for traders and collect all required paperwork.
- Promote the market to residents in Northstowe and surrounding villages.
- Sign-up volunteers who want to get involved in delivering the market.
- Recruit/contract a market manager.

Want to know more? Want to get involved?

Come talk to us on an Events and Markets Committee (first Tuesday of the month, bi-monthly) or email the lead of the Working Group Cllr Carla Bros Sabria Cllr.brossabria@northstowetowncouncil.gov.uk.

CAMBRIDGESHIRE COUNTY COUNCILLOR



Firouz Thompson

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

With winter now setting in, we are asking residents to take extra care in the darker evenings, especially in bad weather as the days are getting shorter and visibility may be reduced.

With the recent by-election in our ward, I would like to congratulate my fellow LibDem District Councillor Natalie Warren-Green and Conservative Councillor Tom Bygott. Well done to all other 7 candidates who stood, personally I would like to thank the candidate Lawrence Zeegen for standing who was only 32 votes short for the second seat, he has been a true campaigner for Phase 2 residents at the Urban Splash development since they went into administration in May this year.

Support for residents in coping with the cost of living

The Council is continuing to collate information about the various sources of help for individuals and households struggling with the cost of living crisis.

<https://www.cambridgeshire.gov.uk/council/communities-localism/support-with-the-cost-of-living>

BUSES

Bus Route Citi 5 Bus route – Longstanton-Bar Hill-Cambridge

This bus will now be stopping as a "hail and ride" service in Northstowe for both inbound and outbound journeys. The route will go in via Pathfinder Way, onto Links Lane then onto Stirling Road before joining Station Road. Then the reverse coming back into Cambridge City.

Throughout this part of Northstowe, this is a "hail and ride" service whereby passengers can request to alight or board anywhere along this part of the route providing it is safe for the driver to do so.

Frequency is 30 mins peak, hourly evening. See timetable <https://tinyurl.com/bdfcb79d> or use your app. Hopefully this will provide an alternative route to the Busway for our residents, as the development grows the bus will go further into Northstowe. The extension to the route into Northstowe has been funded by Northstowe S106.

Combined Authority (CA)

The CA's bus procurement concluded last month, with all eighteen routes which had been cut by Stagecoach, along with all of the five reduced services, seeing some level of service reinstated. Part of the Citi5 bus that was cut beyond Northstowe, is now a new route 5A that will be a loop around Longstanton Park and Ride, Willingham, Over and Swavesey.

The CA had set aside £1.7M for subsidies to operators to keep them running. Currently, the total cost is expected to be about £1.25M because bus operators were limited in what services they were prepared to provide. The CA will be monitoring how the new services are working, I am working with parents of pupils who attend Swavesey Village College to ensure that the buses get the pupils to/from school.

As well as ensuring vital bus services continue between October and the end of March 2023, the CA is working to put in place a sustainable and affordable bus network from April 2023 onwards.

All this is a sharp reminder of the reality of the current deregulated bus system, and the problems caused by sixty per cent of bidding authorities in England, including Cambridgeshire & Peterborough, receiving no Government funding for their Bus Service Improvement Plans (BSIPs).

The CA's Overview & Scrutiny Committee was told in a report from its lead member for buses that two reasons had been given for the failure of the Department for Transport to fund Cambridgeshire's Bus Service Improvement Plan:

1. in DfT's view we had insufficient commitment to road charging, active travel and bus priority schemes in our area; and
2. the DfT subsequently applied a deprivation index score to each BSIP submitted and given our high overall growth, this meant that the money tended to be allocated in the north of England rather than to us.

A refreshed Bus Strategy for Cambridgeshire and Peterborough is due to be presented to the CA's Transport & Infrastructure Committee in November, alongside a refreshed Bus Service Improvement Plan and a case for Government investment.

Work is also continuing to further develop the business case for a franchised bus network in Cambridgeshire and Peterborough, but this will need money for the necessary investment in the service.

Passengers with questions about bus services can email passenger.transport@cambridgeshirepeterborough-ca.gov.uk

Greater Cambridge Partnership (GCP)

The Greater Cambridge Partnership has now opened its public consultation on its proposals for a significant expansion of bus services in Cambridge and the city's travel to work area, including South Cambridgeshire, to be paid for by the introduction of a congestion charge in Cambridge in 2027/28. It is very important indeed that local residents here in South Cambridgeshire read the proposals, complete the survey, and let the Greater Cambridge Partnership know what the proposals would mean for them.

The survey closes at midday on Friday 23 December. The consultation website, including the survey, brochure, map book, frequently asked questions, public events and webinar dates and contact details, can be found at <https://consultcambs.uk.engagementhq.com/making-connections-2022>

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CLINIC

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Mayoral precept

The Mayor of Cambridgeshire & Peterborough meets regularly and informally with leaders of the member councils of the Combined Authority. One idea he raised in one such meeting was whether there might be a case for setting a Mayoral precept to be added to the Council Tax, to fund bus services beyond March 2023. This suggestion was then leaked to the media, with some council leaders then taking the opportunity to oppose the idea from the outset.

We understand Cambridgeshire County Council and Peterborough City Council would both have a veto over such a proposal. A bus network covering more than just a few key urban routes will need public subsidy, and the money for this will need to come from somewhere—either central government, or local government.

The Government has already refused to fund Cambridgeshire's Bus Service Improvement Plan once. Will we be more fortunate this time? The Chancellor of the Exchequer is also known to be looking for billions of pounds in spending cuts. How likely are we to see the kind of Government investment we need?

Locally, some politicians have opposed the Greater Cambridge Partnership congestion charge proposals, and also opposed the idea of a Mayoral precept as we have seen in our local by-election. If we continue to receive no money from central government, and if all sources of local government funding for improved buses are opposed, how else will the necessary investment in bus services be raised to move Cambridgeshire to a more sustainable franchised model of bus transport?

Contact Details

Please do not hesitate to contact me, if you have any questions. firouz.thompson@cambridgeshire.gov.uk

For those on social media please follow Longstanton, Oakington & Northstowe Facebook group:

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

COMMUNITY DEVELOPMENT OFFICERS

Mihaela Stan and Michele Eidevik-Skinner

Community Development Officer for Phase 2

Our new CDO for Phase 2, Michele Eidevik-Skinner, is now in post and is looking forward to meeting the community members and getting involved in as many activities as possible. We are available on Wednesdays (9:30am – 3pm) at Northstowe Secondary College for an informal chat, by appointment:

Northstowe.Community@scambs.gov.uk



Sports Pavilion and Heritage Annex Update

Pentaco started building the Sports Pavilion in October and will keep residents informed on their progress via monthly newsletters. Please be aware that the footpath leading to the allotments is closed for the duration of the works. We aim to keep residents updated via social media posts and a map of the area indicating access routes will be made available soon.



Also, work has now begun on site on the **Heritage Annex**.

Winter Festival

We are very excited about the upcoming Winter Festival which will run from November – February; it is led by Northstowe Arts and will include a wide range of events from festive carol singing, lantern parade and workshop, Christmas jumper swap, running winter challenge to a craft fair and much more. Please get in touch if you'd like to get involved. We would also love to celebrate the Chinese New Year, so we're putting a call out to our community for anyone who would like to get involved.

Groups Update

Looking back, Northstowe Running Festival was a success again this year with over £3000 having been raised for local causes. The Great Big Green Week was also a success with a well-attended Wellbeing Walk, nature themed talks, upcycling workshops and more.

A quick reminder that food from the Community Larder continues to be available on the Olio app and this could potentially be used to provide refreshments at local events/meetings or to take home.



- LANDSCAPING
- DRIVEWAYS

- PROPERTY MAINTENANCE
- INTERNAL RENOVATIONS

01954 720 222



Sports, Health and Wellbeing

OAKINGTON AND WESTWICK SHORT MAT BOWLS

If you have never seen or played short mat bowls, here is a brief description.

Short mat bowls is played indoors on a portable mat between 40 and 45 feet long and 6 feet wide. You bowl to a smaller bowl called a jack and the object of the game is for your woods (bowls) to be nearer the jack than the opposition. There is a block midway down the mat which provides an obstacle that must be avoided, primarily using the bias of your woods.

Bowls is an excellent way to keep fit throughout the whole year. It can be played by all ages and abilities and is a very enjoyable way to spend your spare time and make some new friends. So come and give a try, as our guest, at the Oakington and Westwick pavilion, Queensway, Oakington. We meet every Thursday and play between 7.30 and 9.30 pm. We have 3 mats and a range of spare bowls. We just ask that you wear soft soles shoes.

For more information, please contact Dawn on 01223 236427.



PREGNANCY YOGA

So why pregnancy yoga? Can I not continue attending my regular yoga classes?

This is a very common question, and for once my reply will not be "just work within your limits, listen to your body and you will be fine". Let me elaborate:

Firstly, many poses in a general yoga class will not be suitable for pregnancy:

- Supine poses (lying on your belly) - for obvious reasons!
- Backbends - they put too much stress on the already overstretched ab muscles, plus they can easily hurt your lower back as it isn't as protected as usual by them.
- Twists - they need to be kept very gentle as their main aim is to create pressure in the abdomen.
- Forward folds - again for obvious reasons one needs to take it easy with folds.

Secondly, during pregnancy your body is different than it was before. Not only your centre of gravity has changed along with your shape, but also you are flooded with the hormone Relaxin, whose main function is to make your joints looser. Which is great for labour and birth, but not so much for your general joint stability! As a general rule of thumb I would say, if you couldn't stretch that far before pregnancy, don't do it in pregnancy :)

Thirdly, many general yoga teachers won't be aware of many issues that can arise with pregnancy such as PGP/SPD, changes in blood pressure, placenta praevia, carpal tunnel syndrome, etc, and might therefore not know to tell you to avoid certain postures.

Then, even if your yoga teacher was trained in antenatal yoga and could give you modifications, you would need to skip or modify most of the poses, plus they wouldn't be targeted specifically for your situation.

And all of this is only considering one aspect of yoga; many breathing techniques aren't appropriate either, and even the relaxation might not be ideal for you. Even the environment itself could be harmful: hot yoga is a no-no from the get go as your baby has no way of dissipating the extra heat, and some essential oils that might be used for their benefits can be contraindicated in pregnancy too.

So what do I recommend? Find a pregnancy yoga class with extras!

- Breathing techniques that can help in labour and birth.
- Postures that are suitable for pregnancy, actually helpful in pregnancy, and adequately modified if you have any condition.
- Deep relaxation that also helps prepare you for labour and birth (hypnobirthing).
- Encouraging bonding with your baby, slowing down and looking after yourself.
- Covers useful topics for pregnancy, birth and beyond: postures and comfort during birth, baby essentials, baby feeding, babywearing, what to expect the first few months, birth bags, birth plans etc.
- A place to meet like-minded parents to be, to make lifelong friends!

Cristina Freniche

Pregnancy Yoga Teacher and owner at My Yoga Corner, Northstowe



BEAVERS, CUBS AND SCOUTS

Even with the colder weather and darker evenings, Beavers, Cubs and Scouts continue to plan and attend a range of outdoor and indoor activities, including trips to Cambridge's Institute of Astronomy, Clip and Climb, Cub camp well done guys all outdoors mostly! The groups marked Remembrance Sunday back in November and after that were working hard to plan for the winter, Diwali, Christmas events including performances, Christmas fair and also the Cambs Half marathon. Beavers, Cubs and Scouts work towards specific badges of award and the activities and participation and learning is really varied for everyone. Scouts have been working towards the 'creative' challenge award including ceramics workshops, design/ crafting, sketching and painting.

If you are interested in your child attending or for a volunteering role, ways to support with fundraising please do get in contact with Mark Mills via www.1stnorthstowescouts.org.uk

Hannah Cornish - Committee Executive

NORTHSTOWE RUNNING FESTIVAL

Northstowe Running Festival, for the first time taking place over two days, attracted almost 500 runners of all ages and abilities to run from one mile up to the half marathon distance, which was a new addition to this year's festival.

Thirty-four running clubs were represented and we saw a lot of competitive running over the weekend, with some runners standing on the podium more than once. Male, female and non-binary age group winners were also recognised - congratulations to all of them!

Our popular Family Mile came back to support schools and it's always a joy to watch entire families running together. Each runner finishing the race received a unique biodegradable medal designed by the pupils and parents from Hatton Park Primary School. Thanks to event sponsors: Fit Again Sports Therapy, Over Power Fitness, Phoenix Events (East) Ltd, Greenbelt Group, Tylers, Homes England and Tesco Bar Hill all proceeds from the run are donated to local schools.

We are very proud that we could also support three new charities Care Network Cambridgeshire, Power2Inspire and Richmond Fellowship with free race entries and fundraisers. Our event helped raise £3073.81 and on behalf of our charities, we would like to thank all generous donors and everyone who supported them in any way.

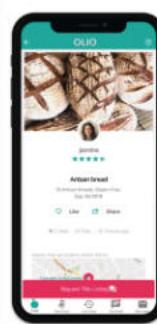
Runners and spectators enjoyed a range of attractions and activities at the venue as well as a truly international selection of food from the street food market. Neil and Matt from Cambridge 105 Radio created a good vibe and made sure that everyone was well warmed up for Matt Thompson's live performance on Saturday and Park Lane Band on Sunday.

We are delighted that not only were we able to attract hundreds of runners to run in Northstowe and successfully support local charities but that we are also growing a welcome community event, providing local people with the opportunity to socialise and enjoy free entertainment here in our town.

Thank you to all our volunteers, partners and sponsors who made this event the success it was!

If you'd like to find out more please visit:
www.northstowerunfest.co.uk

The Community Pantry is now ONLINE!



OLIO is a free app connecting neighbours, community organisations and shops so surplus food can be shared instead of thrown away.

Volunteers are collecting food from the Coop's in Longstanton and Willingham 7 days a week and will be distributing the food via Olio.

Sign up today and join the food sharing revolution today!

SUSTAINABLE NORTHSTOWE



Hungry? How to GET HELP

We know that anyone can reach crisis point and we're here to help when that happens.

Food bank vouchers are available from local agencies such as citizens advice, schools, and churches. Vouchers can be redeemed at Distribution Centres across Cambridge, including the Northstowe centre - currently held at Northstowe Secondary College

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

Looking to donate?

The nearest collection point is at Bar Hill Tesco

Want to volunteer?

Get in touch!

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

**OH LÀ LÀ!
YOU DON'T SPEAK
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Come and joins us!
Learn or improve your French from only
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For who?
Adults, teenagers and children, all levels welcome

For what?
French lessons tailored to your needs
(General French, Business French, Exam preparation such as GCSE, IGCSE, A Level, IB, DELF, TCF, TEF...)

Where?
*Online private classes
*Face-to-face small group classes at Northstowe

Contact: abcfrench@outlook.com
Website: www.learnfrenchabc.com

Pretend to know French wine by pronouncing
Sauvignon blanc correctly!
Language is about connection, not perfection

TOP TIPS TO REDUCE CLUTTER

Do you look at cupboards, drawers or rooms in your house and feel completely overwhelmed by them? Do you know that there are people called Professional Organisers out there that can help?

Neat Bird is a small business based in Willingham. I am a Professional Organiser and I work with clients to transform untidy and cluttered areas of their homes or offices into streamlined, efficient, and aesthetically pleasing spaces.

My services include kitchen and pantry, utility rooms, wardrobe and bedrooms, children's toys and playrooms, living and dining areas, loft and garages. I also offer help prior to, or just after moving house. All of these services are designed to take the stress and anxiety out of organisation, as I will guide and work with you throughout.

Here are some Top Tips to reduce clutter and keep your home organised

- Motivation** - Sometimes the hardest thing is finding the motivation to start reorganising. It can be a daunting task. Find the area in the house that means the most to you and start there. If you love cooking, start with the kitchen, if you love fashion, start with your clothes, if makeup's your thing, start in your makeup drawer, if you love reading, start with your bookshelf. It'll bring you the most joy, and hopefully give you the impetus to continue.
- Start Small** - I always advise people to start small. You don't need hours to start making a difference to how your space flows and looks. For example, you can do a sock or underwear drawer, shoe basket, a handbag or makeup bag. It all helps.
- Give Everything a Home** - Once everything has a home, and all members of the household knows what lives where, putting everything away becomes less of a chore and can be done quickly. Labels are useful here!
- Declutter before buying storage** – People often make the mistake of buying lots of pretty storage containers before decluttering their untidy space. Once you have decluttered, you can then start thinking about what storage items you actually need, if any, and what size would be the most helpful.
- Kitchen**. Consider decanting your dry ingredients into easy to use containers and labelling them. You'll find doing this actually creates space, and reduces wastage, and makes it easier to find items quickly, and get cooking!

If you feel like you could benefit from some professional organising help, please get in touch. hello@neatbird.co.uk

For Northstowe News readers, I will offer a special discount of 10% off their first booking for a minimum 3-hour session if they quote NEWSNEAT10.

Neat Bird
A HOME ORGANISATION COMPANY

FREE ADULT EDUCATION COURSES

Our courses have been made for you, with great tutors and friendly and supportive staff and spaces, delivered online or in person. They will give you the skills and confidence you need for whatever is next in your life.

The courses below have been **fully funded** by the Cambridgeshire and Peterborough Combined Authority to improve residents' skills, health and wellbeing.

You must be over the age of 19 and live within Cambridgeshire and Peterborough Combined Authority region. Please visit our website wea.org.uk to see a full list of opportunities. If you have any questions or if you need support please email us at cambs@wea.ac.uk

A Home of Your Own: Tenancy Rights and Responsibilities

Ref: C2229288

Course dates: 12/01/2023 – 09/02/2023

This course is aimed at young people moving into their first independent accommodation. The content of the course has been compiled from interviews with young people, housing officers, housing associations, county council and district council staff. Although the course is aimed at young people who are leaving care, the course has wider applications for all young people who are looking to move into their first home and could include those planning on attending University.

Helping with Special Educational Needs and Disabilities (SEND)

Ref: C2229124

Course dates 10/01/2023 - 21/03/2023

During this course you will explore the range and breadth of SEND conditions. You will develop your knowledge and understanding needed to support children with SEND in a mainstream primary school. You will study and discuss legislation, policy and guidance related to SEND and the structures that support this in schools. You will also research a SEND topic of your choice and present this work to the group as well as undertaking assessed work.

Cambridgeshire

Eastern Region

**There's a WEA
course for you**



Cambridgeshire - Marketing for Starting Your Own Business (Taster)

Ref: C2229040

Course dates 18/01/2023 - 18/01/2023

The course aim is to provide students an understanding of key marketing concepts, market research methods, marketing channels and how to develop effective communication. It will give students a taste of using social media marketing as a marketing and communication tool.

Cambridgeshire - Boosting My Maths (fractions/multiply/divide/ space)

Ref: C2229065

Course dates 13/01/2023 - 27/01/2023

Maths is everywhere we go! If you would like to get better at maths or simply brush up on your skills then this is the course for you. We will be looking at basic maths skills to use in everyday life

Cambridgeshire - Financial literacy: Basic Budgeting

Ref: C2229066

Course dates 16/01/2023 - 20/03/2023

Maths skills can help you manage your budget and save money. This course will provide you with the skills needed to solve basic financial problems. We will look at your expenses and plan your budget as well as teach you what expenses need to be prioritised and how to save money and look for better deals.

Cambridgeshire - Creativity for Wellbeing

Ref: C2229126

Course dates 17/01/2023 - 28/02/2023

We will bust the myth that art has to be 'good' to be important. Whether you are a future Van Gough or Picasso, a Shakespeare or a Mozart, or if you can barely draw a stick figure, you will find something in this course to spark your creativity. We will look at what stress is and how we cope with it by using our creativity - in all forms - and how we can boost our feelings of joy, self-compassion and overall wellbeing.

For further information about the WEA courses that we offer:
Contact Sandra and Nekishair
E: cambs@wea.org.uk
Or visit our website
W: wea.org.uk/cambs

We are offering a range of fully funded courses for adults over the age of 19 in Cambridgeshire and Peterborough. We deliver our courses both online and face to face. Currently, we have the following opportunities available:

- English for Speakers of Other Languages
- Functional Skills English and Maths
- Community Interpreting
- Health and wellbeing courses
- Working in Schools, Colleges and Early years settings
- Working with children and young people with special educational needs
- Parenting courses
- Courses for new tenants and those moving to new accommodation
- Digital Skills courses
- Employability Skills courses





Northstowe

Secondary College

It's been a very busy start to the new academic year for us.

Back in September, we welcomed 134 new students in Year 7, and we are now at oversubscribed in Years 7 and 8. We have also welcomed 20 new members of staff, our biggest growth yet as we adjust to being a much bigger school.

It was a real privilege to have our Open Evening have such a great turnout. It was so wonderful to have so many of you visit and see the school for the first time. It was also fantastic to see our students volunteer to help and show off their school to prospective students and families. We are currently oversubscribed for next year's intake of Year 7, so they obviously did an excellent job!

It has been great to be able to get some of our students out on some trips and visits already this year. Our Year 7's worked on their team building skills in missions and climbing at Big Rock and Hazard Alley in Milton Keynes and some of our Year 8 and 9 girls visited Waterbeach Barracks for a 'Make Your Mark' event along with some other local secondary schools. The event featured activities designed to promote careers in the property field to young women. We are looking forward to more trips as we get further into the year; a Year 9 & 10 French and History trip to the Somme, our annual Year 7 residential, our first Ski Trip as a school. Trips and visits to help students learn outside the classroom are so important for young people, therefore our Fundraising Committee have committed to helping to support these opportunities for all, by committing to using funds raised to lower the overall costs of trips and continue to maintain our Hardship Fund, available to all families.

Our Academy Council are extremely proud to share the school's success over the last two years in Progress Tests and NGRT (New Group Reading Test) results. NSC students have not completed GCSEs yet however, throughout Key Stage 3 students take nationally benchmarked tests to ensure that they are moving in the right direction to reach or exceed their targets. The tests measure student's ability and performance at the start of year 7 and then again at the end of year 7 and 8. Their progress is then measured against their personal starting points, so progress is measured for all students no matter their ability. Our current Year 8 and 9 performed exceptionally well in English and Maths. They performed significantly above the national average. Our whole school fluency programme and literacy strategy have ensured our students make outstanding progress in their reading tests, where reading ages have increased considerably throughout Year 7 and 8.

Our sports department have been busy already with fixtures. Some of our Year 9 boys played in the county cup first round in October and are now working hard towards their fixtures within the Meridian Trust Cup. A number of students have been involved in a variety of games that took place in September which included Badminton, Netball, Football and Hockey against some other local secondary schools. It has been great to see all of the students involved in so much sport.

Finally, on the run up to Christmas, our performing arts department have been working hard to prepare for the NSC Christmas Show on the 8th December. We are looking forward to welcoming parents to see the show.

We wish all of our families and community a happy and healthy festive break.



THE PATHFINDER C OF E PRIMARY SCHOOL

In Reception ...

In Reception, as part of the topic 'All About Me!', the children learnt about people that help them. They learnt about people in the community and those that help us in an emergency. The children were lucky enough to have a visit from two doctors. Doctor Rosie told us all about her job in the A&E department, and Dr Lentell taught us about all about our blood and different ways that we can be helped to get better.



Dips and Dippers Day



Marvellous Structures



At the end of our half term in Y5 and 6, we held a Design and Technology Day. We considered how structures such as bridges are made strong by including triangular shapes in their design. We then built our own bridge using recycled materials. To extend our design we used the bridge in a marble run and tried to make the longest, most complex design we could as a team, using bridges and towers. It was marvellous fun!

On Thursday 13th October, Year 1 participated in a 'Dips and Dipper Day'. They began the day tasting different dips such as salsa, guacamole, tzatziki and humous and rating them out of 5. Then they made their very own salsa, which included some special ingredients, before presenting them to their grown ups that came into school to join them in their learning.

Curriculum Highlight - Church Visit

In RE, we have been learning about what a church is. We discussed the features of a church and why they are significant to Christians. In order to experience what it is like in a church and to find out more about its features, we walked to the local church in Longstanton. The children were met by Reverend Beth and Reverend Stephen, who gave them a tour of the church and explained the different aspects of the church. The children were able to sit in the new gallery area and learn about bell ringing. It was great to see all the children enjoy their walk and learn more about a Christian church.



In pre-school, the children have been listening to and retelling the story of 'We're Going on a Bear Hunt'. The children have been using the activity tray pictured to help act it out with the puppets and the different parts of the adventures in the story.

Reception Starters 2023 December Tour Dates

Thursday 1st December @2pm
Wednesday 14th December @10:30am



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

A&E is not an alternative to a GP appointment. If we are closed, please call 111.

Christmas 2022 – Opening Hours

Please note the surgery will be **CLOSED** on the weekends and all the bank holidays including **Monday 26th December, Tuesday 27th December and Monday 2nd January**. Normal opening hours on all the other days during the holiday period

Please plan ahead and make sure you have enough medication. The last date for ordering repeat prescriptions in time for the Christmas holidays is **Tuesday 20th December**. The last date for collection before Christmas is **Fri 23rd December** by 4pm at Longstanton Surgery and 6pm at Willingham.

The last date for ordering repeat medication before New year will be **Friday 23rd December** and collection is no later than **Fri 30th of December** by 4pm at Longstanton Surgery and 6pm at Willingham

When the surgery is closed please call 111 for medical assistance, or 999 for a life threatening emergency.

For Urgent Mental Health Support, please call 111 and select option 2

Details of local Pharmacies that will be open over the bank holidays will be posted on the surgery doors, and also on social media and our website.

Flu Vaccinations

Please support your surgery and contact our receptionists to book your appointment.

Who can have the flu vaccine?

The flu vaccine is given free on the NHS to adults who:

- are 50 and over (including those who will be 50 by 31 March 2023)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get a severe infection due to a weakened immune system, such as someone living with HIV, someone who has had a transplant, or is having certain treatments for cancer, lupus or rheumatoid arthritis
- are frontline health workers
- are social care workers who cannot get the vaccine through an occupational health scheme at work

Appointments are available throughout the week, so please book in advance.

The surgery is only able to administer the free flu vaccine to those eligible under with NHS. If you are not eligible and choose to have the vaccine privately, this can be purchased from Willingham Pharmacy.

When will I get better?



EAR INFECTION - at least four days

BLOCKED NOSE - two to three weeks

COLD - one to two weeks

SORE THROAT - one week

FLU - two weeks



See your local pharmacist for professional help and advice

Winter Illness

There's loads of winter bugs already circulating in our communities. It might feel like you've been ill forever, but some things do take a while to clear. You can get medication from the pharmacy to help relieve the symptoms whilst you recover.

Help your local NHS this winter

Here are some small things you can do that will make a big difference to help the NHS this winter

Get your flu vaccine – whether you have one for free or need to buy one from a pharmacy, it's really important for you and your family to be protected this winter

- Get your COVID-19 vaccines – Take up the offer of COVID-19 vaccines that are available to you
- Download the NHS app – for on the go access to your NHS COVID pass, book appointments, order repeat prescriptions and more.
- Use your local pharmacy – they are experts in medication and can provide lots of self-care advice and medicines for winter bugs
- Keep a well stocked medicine cabinet – you never know which bugs you and your family might catch this winter, so it's worth having a supply of basic medications at home.

Enhanced Access to GP

Local GP practices are working together to offer patients evening and weekend appointments in our area. **Over Surgery** is now open on Saturdays and other local practices including **Milton Surgery** have evening appointments. That means you will be able to see a GP, nurse or other health professional at a time which is most convenient for you.

These are pre-bookable routine appointments face to face with a Doctor, Nurse, HCA or Phlebotomist and are provided by the Cambs GP Network. Services offered are:

- GP Consultations
- Advanced Nurse Practitioner consultations
- Nurse appointments offering dressings, asthma and diabetes reviews, contraception reviews, etc.
- Health Care Assistant appointments offering ear irrigation, wound care, blood test, etc.
- Phlebotomy: Routine blood tests are available within our Extended Access Clinics
- Cervical Screening

These appointments are available to ALL of our patients registered at Willingham and Longstanton surgeries.

Please contact the Willingham reception team on 01954 260230 to book an appointment, as the Over surgery will only be able to book in their own patients.

Please note that your consent for our clinician to view your medical record will be required in order for an appointment to be booked for you.

There are no urgent on the day appointments. If you are unwell over a weekend you would need to call 111.

Please see <https://www.cambsgpnetwork.nhs.uk/gp-extended-access-1> for more information on sites and opening times or ask the reception staff

Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting **on Weds 7th December** at Willingham Surgery, where we will be holding a drop in meeting **between 2pm and 4pm**. Please come along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely **FREE!**

All the staff at Willingham and Longstanton Surgeries would like to wish our patients a happy and healthy Christmas

Lisa Smith –Assistant Practice Manager– December 2022



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Enquiries: Deborah Parker, Whitehall School,
Somersham, Cambridgeshire PE28 3EH



Pregnancy, Birth, Babies and Beyond in Northstowe

Pregnancy

Pregnancy Yoga
Birth Preparation Support groups



Baby
Postnatal Yoga with Baby
Starting Solids (weaning)
Cloth Nappies



Contact Cristina at

<https://myyogacorner.uk/>
MyYogaCorner@gmail.com
text/WhatsApp: 07765211807



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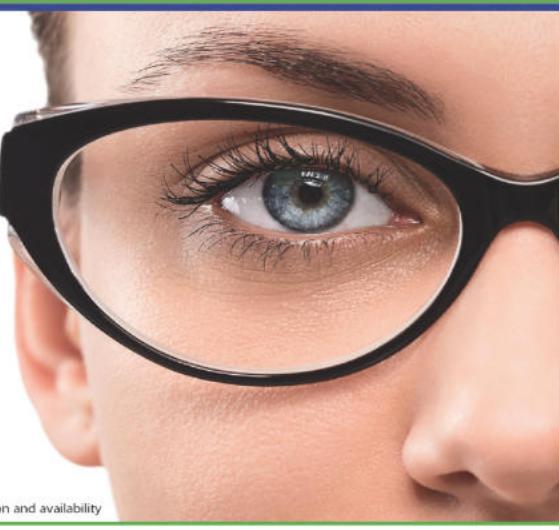
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Cambridge

FIRST SESSION FREE -
CODE: MAS

Community Groups and Social Events

WHAT'S ON IN NORTHSTOWE

MONDAYS

Tang Soo Do (£)

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

Over Power (£)

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

Tai-Chi (£)

Weekly relaxation and inner peace. 19:30 at the Pathfinder Primary School. To book please email malcolmsavannah233@gmail.com

Social Run

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

Book Club

Meet to discuss books in Monday evenings once per month. New members always welcome.

<https://www.facebook.com/groups/607693023324785>

TUESDAYS

Huntingdon Hockey Club (£)

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

Fastbreak Basketball (£)

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

Northstowe Board Games

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

WEDNESDAYS

Meet the Community Officers

Come to meet our council Community Development Officers, drop-in any time between 9.30am and 3pm at NSC (come to Reception, but if possible please first email northstowe.community@scambs.gov.uk)

Sustainable Northstowe

A community group with a vision to make Northstowe a green, clean, biodiverse and interconnected place for current and future residents. 3rd Wednesday of the month, 7pm in Pioneer Park or online (weather dependent). For more info see facebook.com/sustainablenorthstowe or email sustainable.northstowe@outlook.com

Longstanton and Northstowe Limpers

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

Over Power (£)

(See Monday's entry for details)

Pathfinder School playground, 6pm & 7pm

KEEP US UPDATED PLEASE!

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

THURSDAYS

Little Explorers

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

Postnatal Yoga with Baby (£)

Safely rebuild your core and pelvic floor, while allowing your body to release tensions, relax, stretch and strengthen. You can attend at any time after your 6/10 week check, and for as long as baby will stay put. 9.45am at Longstanton Village Hall. <https://myyogacorner.uk/>

Baby Massage 5 week course (£)

Learn techniques to help you bond with your baby, soothe them, help with wind and colic, as well as calming ideas and other topics. You can attend at any time before baby starts crawling, but you will get more benefits the younger they are.
11am at Longstanton Village Hall. <https://myyogacorner.uk/>

Pop Up Youth Club in a double decker bus

Run by Connections Bus Project, with the Northstowe Youth Hive. 4-5.30pm, Thursdays, near Pioneer Park

Tang Soo Do (£)

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

Fastbreak Basketball (£)

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

Over Power (£)

(See Monday's entry for details)
Pathfinder School playground, 7pm

Clubbercise (£)

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

Chicken Soup for the Soul

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

FRIDAYS

My Yoga Corner Baby Group

Alternating weekly between a breastfeeding/infant feeding support group, and a sling/baby carrier support group and library. 11am-12 at a home on Heron Road. <https://myyogacorner.uk/>

Mobile Library

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

Judo (£)

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

Pregnancy Yoga (£)

Covering breathing techniques, warmup and yoga poses, deep relaxation with self hypnosis (hypnobirthing) and various birth and parenthood preparation topics. 6.30pm at Longstanton Village Hall. <https://myyogacorner.uk/>

Northstowe Jets Basketball (£)

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

SATURDAYS

Sustainable Saturdays

Information stands, swap events and popup Refill Station with zero plastic waste. 3rd Saturday of the month, on The Green. See facebook.com/sustainablenorthstowe or email sustainable.northstowe@outlook.com

Catholic Mass

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

Northstowe Foodies (£)

Various days/times on The Green. Follow them on FB or Instagram for the weekly food truck listing and event details.

SUNDAYS

Community Litter Pick

3rd Sunday of each month at 10:30am. Meet outside 6 Woodpecker Close, Bring gloves! bit.ly/NorthstoweLitterPick

A partnership of Northstowe Town Council, Plastic Free Longstanton and Northstowe, and Pathfinder Church Northstowe.

Emmanuel Church Northstowe

A growing gospel-centred church serving a growing new community. Sunday morning services for all ages at 10:30, at Northstowe Secondary College. www.emmanuelchurchnorthstowe.org

Pathfinder Church Northstowe

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

Ignite Youth Group

Youth group from Emmanuel Church Northstowe for anybody ages 11-14. Runs alternate Sundays from September 11th, 5pm at Northstowe Secondary College. Email ignite.ecn@gmail.com

THE CONNECTIONS BUS PROJECT

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

Pop Up Youth Club

at Pioneer Park

Thursdays
4-5.30pm

What3words:
beaks.trendy.tram

11y+

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

Community Litter Picks

Third Sundays at 10.30am
Dec 18th; Jan 15th

For these winter sessions, meet outside 6 Woodpecker Close

Bags, pickers, gloves, hoops and jackets provided

bit.ly/NorthstoweLitterPick

Youth group (11-14s)

IGNITE

All are welcome!

Sundays, 5-7pm

- Bible discussion
- Games
- Snacks

Fortnightly in term time

Dec 4th
Dec 18th
Jan 15th
Jan 29th
...

Northstowe Secondary College
Stirling Rd, Northstowe, CB24 1Dj

Thursdays
9:30-10:45
at
Pathfinder Primary

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

Time for you, your baby, and God

contact@northstowe.church

Light Up Northstowe

Saturday 3rd December from 5pm

On The Green

Pathfinder Way



5pm: Lantern Parade

From the North End of Bug Hunters Waters

6pm: Lights Switch On

Food trucks Lanterns

Community groups

Live music stage

Plus Santa will be here!

For more information see
northstowewinterfestival.co.uk



Organised by



NORTHSTOWE
TOWN COUNCIL



Media partner



CHRISTMAS CELEBRATIONS IN THE MIDDLE AGES

The Christmas season was not the only major religious holiday of the medieval year, but it was the longest with the most significant celebration associated with it. All services required of villeins, such as working the lord's land, were suspended from Christmas Eve to Epiphany, or Twelfth Night. Partly, this was a matter of practicality; during this period winters were usually colder than they are today and the fields would often be too hard to work due to heavy frosts.

Tenants might be expected to pay special rents at Christmas, such as providing the lord of the manor with bread, hens, and ale, but they were also entitled to special privileges. Particular manor servants such as the lord's ploughman, shepherd, and swineherd might be entitled to specific clothing, drink, and firewood, as well as the lord generally throwing a Christmas feast for his tenants. Such "prerequisites" may have been the origin of the tradition of employers giving "Christmas boxes" to their servants, which is the origin of the name "Boxing Day".

These customs made their way right up the social scale; it was common for the king to entertain his knights and household with a feast and gifts of "robes": complete outfits including a tunic, surcoat and mantle. It was especially notable and criticised that Henry III economised on his Christmas gift-giving in 1251 and even expected to receive expensive gifts from his lords.

The Society for Creative Anachronism is a non-profit, educational society dedicated to researching and recreating the Middle Ages in the present. The local chapter – The Shire of Flintheath – is composed of medieval enthusiasts with interests in armoured & rapier combat, archery, arts & sciences and much more, visit www.flintheath.org.uk for more information.



NORTHSTOWE
Toy Swap

Help give a pre-loved toy a new home in time for Christmas.

Northstowe Christmas Fayre
Sunday 4th December, 11am-3pm, Pathfinder Primary School

DONATIONS WELCOME

Christmas Fayre

Sunday 4th December
11am - 3pm
The Pathfinder Primary School

CAN YOU GUESS NORTHSTOWE'S FAVOURITE FESTIVE SONGS?

24 WINDOWS.
24 DAYS.
24 SONGS.

Track the progress on facebook: bit.ly/NorthstoweAdventWindows
questions? advent@northstowe.church

#NORTHSTOWEADVENTWINDOWS

scan for map

CONNECTIONS BUS PROJECT

Last summer, bpha funded a trial in Northstowe to support The Connections Bus Project, a mobile youth club that brings in a team of youth workers to run activities and give support and advice for young people aged 11 and above. And now we've been able to go one step further, with further funding that allows the project to continue until next spring.

The trial, organised by a group of community development professionals including Reverend Dr Beth Cope, Pioneer Minister for Northstowe, was popular. Following it, a group of young people carried on meeting, but they had nowhere to go and sat outside in the dark and, sometimes, rain.

They wrote a letter to Beth and the group, asking if they could find a way of continuing the youth club. Together with local resident, Anita, Beth, along with volunteer residents and community development professionals, ran a series of campfires for local young people, to meet up, have some fun and tell them what youth services they'd like to have. The response was: somewhere to sit, have snacks, perhaps do homework, and spend time with their friends 'without being kicked out'.

The Northstowe Youth Hive was born: a grass roots organisation committed to bringing together young people from all genders, backgrounds, faiths, cultures, and sexualities, to have fun, develop, and make a difference. It opened at a local community space - the Pioneer Café, based at the local school. For seven weeks they had, as Beth puts it 'a ball', with up to 20 young people coming along, but then the café had to close as the school needed the space.

The team contacted us to see if funding was possible to bring back The Connections Bus Project. bpha has been able to support this, meaning the Project can host a weekly 'pop up' youth club until Easter next year.

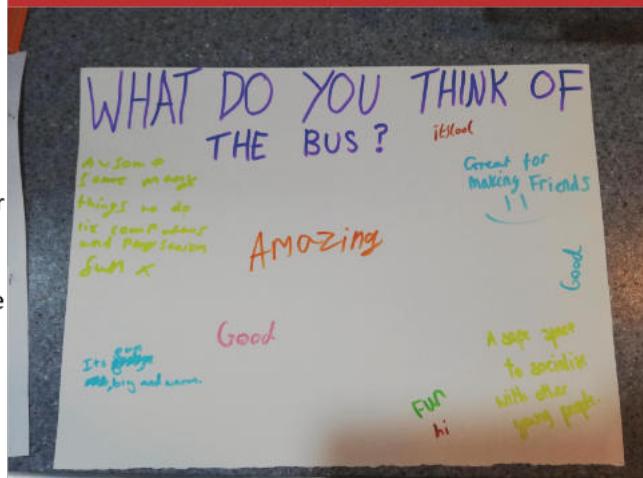
Since the Youth Hive started, Anita has completed her Level One in Exploring Youth Work training. As part of the bpha funding, she will be able to complete Level Two. Beth said: "One brilliant thing is that because Anita is already known by the Connections Bus Project team, when they found out she had bpha funding for her Level Two training, they immediately offered her a training placement and mentorship."

Anita said: "I was excited and nervous about engaging with the children but once a mutual rapport was built, those nerves faded, and I am now finding it interesting and rewarding. There's so much personal gain on so many levels: I'm really happy doing it."

Beth continued: "We know the young people are thrilled too. They told us that they love meeting different people but the continuity, knowing Anita and other regular volunteers that they trust will be there, means a lot to them. We're so happy to have the funding to continue this!"

bpha Community Engagement Officer, Julie Piercey, said: "I'm so pleased that we're able to support the Northstowe Youth Hive – particularly as the young people were so determined to keep it going. The demand has been driven by them and they've achieved a fun and safe space for the children who are now reaching the age where they can come along. And it wouldn't be possible without Beth and Anita's time and dedication, so thank you to them."

The pop up youth club runs on Thursdays, 4pm – 5.30pm in Pioneer Park.





Pop Up Youth Club
at Pioneer Park

Connectionsbusproject.org.uk, Charity No. 108343
working with the Northstowe Youth Hive (youth@northstowe.info; @Northstowe_Youth), funded by The Church Schools of Cambridge and bpha

Thursdays
4-5.30pm

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

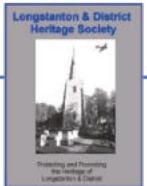
11y+

What3words:
beaks.trendy.tram

You can out more about Northstowe Youth Hive on social media:

<https://www.facebook.com/NorthstoweYouthHive> and https://www.instagram.com/hive_youth/

LDHS UPDATE: NORTHSTOWE December 2022 / January 2023



WORK BEGINS ON THE LONGSTANTON AND NORTHSTOWE HERITAGE FACILITY

20th October 2022 was an emotional day, particularly for those of us who have been working towards a local heritage centre for many years. Fifteen years after the Longstanton & District Heritage Society launched at an Inaugural meeting in May 2007, a ground-breaking ceremony took place at the site of the new heritage facility being built on the former RAF Oakington airfield. LDHS has to thank many people for their support over the years as that has got us to this point today. This project is the result of many years working alongside Homes England, CCC, and more recently National Highways and others. Primarily funding from National Highways is what has enabled this extra facility to be provided here on such a historic site. This facility will benefit the new town and the surrounding villages for years to come and will provide an important heritage and cultural focal point for the SW Fen Edge. LDHS also needs to thank local residents and members of 7 Squadron Association who have offered us unwavering support over many years. Sadly, many of our original members, including some of RAF Oakington's wartime veterans, are no longer with us to see our shared dream realised. However, they have been our inspiration to keep going every single day. We have kept the promise we made to them and our communities. All members of LDHS, past and present, should be very proud of the part that they have played in helping to achieve this facility. As we begin the next chapter of this story, new members are always welcome and details on how to join can be found on the LDHS website



Northstowe Mayor, Hilary Stroud of LDHS and representatives of CCC, Homes England, National Highways and others take part in a ground-breaking ceremony on the former site of RAF Oakington, to celebrate work starting on a local heritage facility.



AGM & TALK 2022

This year's AGM took place both in person and remotely due to Covid circulating within our communities once again. This year's meeting was of particular importance as it saw the Heritage Society update the LDHS Constitution, which had been unchanged since the Inaugural Meeting of the Society in May 2007. The new Constitution is more professional and reflects the needs of the Society better, as a new era begins for both LDHS and the archives. During the 2022 AGM members also approved the proposal that providing the Heritage Society remains an independent organisation the LDHS Archives may move into the new heritage building. The LDHS Archives are a community owned asset and we wish that status to be retained as this project develops. It is essential for the safe preservation of the LDHS Archives that the Society is well supported by members, volunteers, residents, and councillors from across Northstowe and the surrounding villages. Maximising the potential of the LDHS Archives and expanding public access is not something the Society can do without considerable support. We hope that as we enter a new chapter in the history of LDHS, many more people will come forward to help ensure that the next fifteen years are as successful as the last fifteen years have been.

The AGM was followed by a fascinating and informative talk, given by Selwyn Richardson on the 1947 Floods. Selwyn has farming connections within the Fenland area and this close association shone through in his talk. This was the first talk organised by LDHS since the start of the Covid pandemic in 2020, but in-person turnout was disappointingly low. No residents of Northstowe attended despite publicity for the talk being shared across social media groups. LDHS was hoping to begin regular talks again in 2023, but in view of the turnout for this talk we will delay restarting the programme. This delay will allow the Society to concentrate on preparations for moving to the new heritage building and it will also allow us to investigate how we can attract more people to these talks and the Society in general.

We welcome feedback regarding our heritage talks from members and also residents of Northstowe, Longstanton, Oakington and other surrounding villages. Which night would people prefer? Which location? Which topics? Perhaps the new heritage facility could be used as a venue for these talks? Talks will be discussed at future Steering Group meetings - if we could use the building free of charge it would enable the cost for non-members to be kept to a minimum. Whatever the cause of the low in-person attendance on 27 October, LDHS feels the need to get to the bottom of it. We were fortunate on Friday to have some members accessing the talk remotely - but we do not feel it is fair to speakers to be asked to drive some distance to Longstanton or Northstowe if there are insufficient numbers of attendees to justify their effort. If anyone has any thoughts or comments on this please do not hesitate to contact us via our Facebook page or email.



Selwyn Richardson presenting his talk The 1947 Floods following the 2022 LDHS AGM.

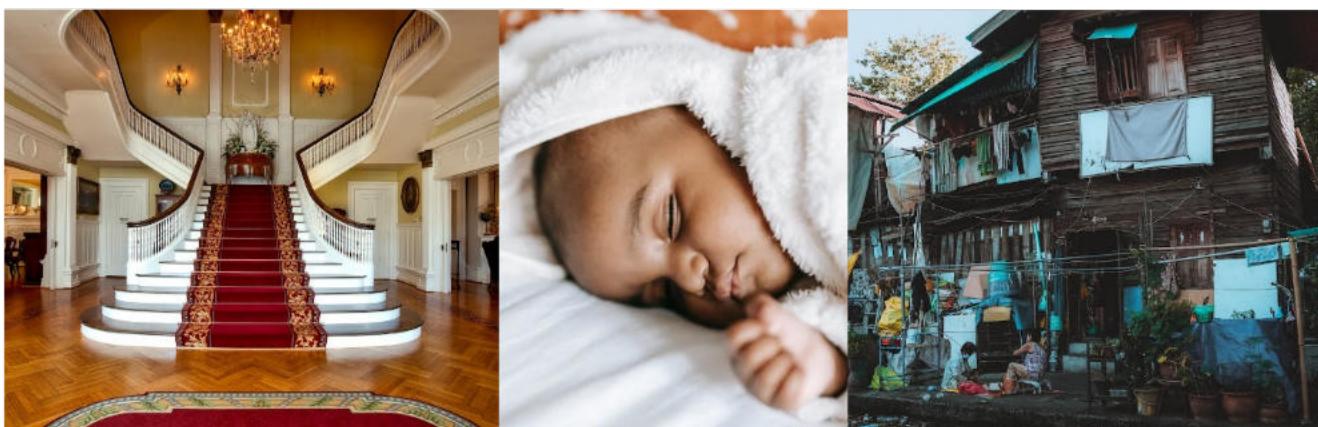
Hilary Stroud



At the heart of Christmas is the person we often forget: Christ, God come as a baby. So over Advent and Christmas, Emmanuel Church will be inviting everyone to learn more about the baby at the heart of Christmas, and how he continues to be relevant and good news for us today.

Advent: Mary's Song (Beginning December 1st) Our advent season as a church will be focusing on Mary's song when she hears she is going to have a baby who will be the Christ, God come as King. There will be a new song, daily questions, thought for the day (on our Facebook page), and craft packs. Email contact@emmanuelchurchnorthstowe.org if you'd like a pack.

Christmas Crafts (9:30am) and Nativity Service (10:30am): Getting the Baby in perspective (18th December, Northstowe Secondary College) We all know that our perspective affects how we understand a person or event. What sort of story about the baby do you have in your head when you cover up the right hand photo below? Is it a different story when you cover the left hand photo?



(Photo credit: Pexels; Pixabay; William Fortunato; Maksim Romashkin)

Our Christmas crafts (including gingerbread decorating) and Nativity service (children are welcome to come dressed as characters from the Nativity and take part in the service) will be helping us to put the baby in a manger into perspective. Also including Ukrainian and Cantonese carols, as we welcome those who have had to leave their home country to come to Northstowe.

Outdoors Traditional Carol Service (18th December 6pm, The Green) A mix of traditional carols (free carol sheets provided) and readings to retell the Christmas story. Including free hot drinks and refreshments after the service.

Christmas morning service (25th December 10:30am, The Green) A short outdoor carol service celebrating the good news that “to us a child is born, to us a son is given”.



Why not visit one of our regular **Sunday gatherings, 10:30am in Northstowe Secondary College?** There is live music, prayers and a talk based on the Bible. There are children's groups running for primary aged children, along with a creche. After the service there are free refreshments.

You can also watch our services online: facebook.com/emmanuelchurchnorthstowe

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

Please feel free to contact us with any questions: contact@emmanuelchurchnorthstowe.org



PATHFINDER CHURCH NORTHSTOWE: praying, exploring, and sharing

Your local Church of England Church, supported by Churches Together to give an inclusive ecumenical welcome to those of all Christian traditions and none. Join Revd Beth, Revd Stephen, and the Pathfinder Church community for regular weekly gatherings at 3.30pm on Sundays in Pathfinder Primary School



THERE IS ROOM

The birth of Jesus began an incredible story where space was made at the table, the doors were opened up and all were welcomed in.

This Christmas, we celebrate this with a simple invitation:

Come, just as you are, because

There is Room for you.



Or why not "get in the picture" at the Nativity Scene outside Church House (6 Woodpecker Close) all through December?

northstowe.church/christmas

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

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

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

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



Catholic Church

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

Phone: (01223) 704640

Live streaming available.

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

1st Friday of each month, House Mass locally 7.00pm.

Please ring on above phone number for details of where this is being held.

HINDU SAMAJ NORTHSOWE

'Sharad Utsav' or the Autumn Festival was celebrated earlier this month by Hindu Samaj Northstowe where 200 people from Northstowe and neighboring towns came together to mark 'Navratri' or the auspicious nine days as they are celebrated in different parts of India. In a one of its kind celebration HSN showcased Durga Puja, Dusshera, Batukamma, Golu and Garba covering various states and cultural traditions from across India.

Hindu nine day festival of Navratri (Navratri is a festival that is associated with the prominent battle that took place between Durga and the demon Mahishasura to celebrate the victory of good over evil. These nine days are dedicated to Durga and her nine avatars – the Navadurga.

This year the celebration was held at Milton Community Centre as no community halls are available in Northstowe for social gatherings. The evening began with children performing shlokas and bhajans. This was followed by cultural dances representing Indian states of West Bengal and Gujrat. The evening continued with Garba and Dandia with live Music by Utkarsh Dave and his band Simply Bhajans from Leicester.

Garba is a dance that honors, worships, and celebrates the feminine form of divinity. The word "garba" comes from the Sanskrit word garbha, meaning "womb." Garba is performed in a circle (concentric circles when there are many people). The circle represents the Hindu view of time. In Hinduism, time is cyclical. As the cycle of time revolves, from birth to life to death to rebirth, the only thing that is constant is the Goddess, an unmoving symbol in the midst of all of this unending and infinite movement. As garba is part of a religious practice, as with other Hindu rituals and worship, it is done barefoot.

Food stalls were arranged in a separate hall to retain the sanctity of the Puja and the religious festivities. Everyone enjoyed the hot cooked food from a well planned vegetarian menu.

The evening ended with a Maha Aarti which is a Hindu ceremony in which lights (diyas) with wicks soaked in ghee are lit and offered up to one or more deities, it is performed to please the Divine Goddess Durga and her avatars as well as other Hindu gods of which deities were also on display. The aarti ceremony is said to have descended from the ancient Vedic period which means "Aart- Nivaran" means the removal of sorrows or "Aa + rati" meaning complete love towards God.

We the Hindu Samaj Northstowe would like to extend our heartfelt gratitude to all those that helped make this event possible, this includes our local community as well as the wider community in Cambridge that joined in to support us.



SUSTAINABLE NORTHSOWE

September and October were busy months with lots of events during the Great Big Green Week, the UK's biggest ever celebration of community action to tackle climate change and protect nature. It included several talks (trees, sustainable food, and wildlife gardening), upcycling and swap event, as well as a wellbeing and wildlife walk and a community litter pick. Save the date for 2023 Great Big Green Week, which will take place 10th to 18th June. We would love to hear ideas for events, or whether you would like to host your own event.

After the summer break, Super Saturdays are back at the Green, we will continue holding these events outdoors (weather permitting!), including most days free food from the Community Pantry, Clare's Refills stall, local sustainable home décor Stanley and Floyd. The Community Pantry (now online using Olio App) has since reached the amazing mark of 20,000 items saved from landfill since its set up in March 2022! We bring the pantry now at the mobile library on the 2nd Friday of the month and at the Longstanton Village Market.

At the Christmas Fayre in Pathfinder School we will be holding a Toy Swap, a Christmas Jumper Swap and an upcycled decorations craft alongside Northstowe Arts. Come visit us!

We have lots of volunteering opportunities, and plenty of ideas for new projects, so do get in touch if you would like to get involved in taking them off the ground

Do you want to know more? Email us to sign up for our monthly newsletter or follow-us on social media. A brand new website is coming very soon, watch this space!

Sustainable.northstowe@outlook.com

FB @sustainablenorthstowe

WANTED! Community Pantry Project Lead

Could you help us reduce food waste in our community?

We are looking for a Project Lead/Lead & Deputy / Co-Project Leaders to help us run our community pantry.



Email sustainable.northstowe@outlook.com for more details.

SUSTAINABLE  NORTHSTOWE

OLIO
The Food Sharing Revolution

SUSTAINABLE  NORTHSTOWE

Want to get involved?

- Take part in monthly member meetings and share your ideas
- Participate/volunteer in a single event
- Join one of the working groups or projects:
 - Community pantry (volunteers wanted for food collection/drop-off once a week on regular basis),
 - Plastic-free Communities
 - Roundabout wildflower planting
 - Toys (swaps and library)
 - Trees
- Start and lead your own project
- Join the Committee for administrative and coordination tasks (fundraising, communication, website, liaison with other groups..)

sustainable.northstowe@outlook.com
FB: @sustainablenorthstowe



CHRISTMAS JUMPER "SWAP & SHARE"



Time for a new Christmas jumper?



Northstowe Christmas Fayre
Sunday 4th December, 11am-3pm
Pathfinder Primary School







#HateWasteLoveSharing

GAME OF THE MONTH

So it's Christmas again and for the 'Game of the Month', winter means Penguins! However we are running low on games solely about penguins so we are going to look at **Rhino Hero Super Battle**, in which a heroic Rhino and his superhero friends (one of whom is a penguin) try to save the day by scaling a slightly dodgy building that could come crashing down at any moment.

This game (and its slightly simpler predecessor, Rhino Hero) are a mix between Jenga and Uno. Each card you play tells you how you are going to build the next part of the building using short or tall walls. Then you roll the dice to see how many floors your hero needs to climb up. Each hero is a heavy wooden token, so a steady hand and good balance are required! The winner is the hero who got the highest – provided they don't knock the tower down. If you are the one who makes the tower come tumbling to the floor, then everyone else wins.

Rhino Hero Super Battle is a great laugh for younger players, and you can use easier or harder table layouts to make it challenging for Mum and Dad too. There are loads of charming details in the artwork, as you get to spy on the everyday life of the inhabitants of this decidedly odd building.

For perhaps-obvious reasons this one isn't available on Board Game Arena, so you can't play online. But you could come and play it with us on a Tuesday evening – for details search FaceBook for "Northstowe Gamers" or email northstowe.gamers@thecolliers.uk

Andrew and Sarah Collier



Rhino Hero Super Battle is designed by Scott Frisco and Steven Strumpf, and published by Haba.



Games Morning for Parents

8 months ago I gave birth to a lovely little boy (and I wouldn't change that for anything!) but it does mean I don't get to go to Games Night as much as I want. I would like to trial a games morning for parents so we can still play games without interrupting the bed time routine.

This is a group for parents with preschool children to bring them along, or parents with kids at school to come along while they are free from children. The games will be interrupted by cuddles and feeds. If this appeals, join me for as much or as little as you want, between **10 am - 12 noon** Monday 30th January at 21 Heron Road.



Northstowe Gamers

Online and in-person board gaming meet-ups

Tuesdays 7:30pm

facebook.com/groups/northstowegamers
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BOOK CLUB

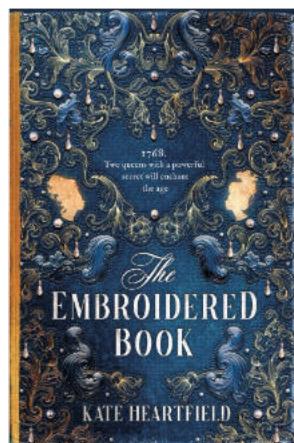
In January 2023 we celebrate four years of Northstowe Book Club with a look back at all the great books we have enjoyed, many of which we would never have read if not for book club.

If you have been to any of our meetings, or have read any of our book titles, please join us on January 9th from 7.30pm on Zoom and let us know the books you enjoyed most, any that haunt you still, or even those that took you out of your comfort zone.

The Zoom link will be on our Facebook page, as will a full list of the books we have been reading. I do hope you can join us.

- *Persuasion* by Jane Austen
- *Villette* by Charlotte Bronte
- *The Trouble With Goats and Sheep* by Joanna Cannon
- *The Alchemist* by Paulo Coelho
- *Coroner's Lunch* by Colin Cotterill
- *All the Light We Cannot See* by Anthony Doerr
- *My Family and Other Animals* by Gerald Durrell
- *The Bone Sparrow* by Zana Fraillon
- *The Midnight Library* by Matt Haig
- *The Coroner* by Matthew Hall
- *Elizabeth is Missing* by Emma Healey
- *Dune* by Frank Herbert
- *Eleanor Oliphant is Completely Fine* by Gail Honeyman
- *The Beekeeper of Aleppo* by Christy Lefteri
- *The Diary of a Young Naturalist* by Dara McAnulty
- *Life of Pi* by Yann Martel
- *Little Fires Everywhere* by Celeste Ng
- *Born a Crime* by Trevor Noah
- *The First Fifteen Lives of Harry August* by Claire North
- *The Thursday Murder Club* by Richard Osman
- *Where the Crawdads Sing* by Delia Owens
- *The Boy at the Back of the Class* by Onjali Q Rauf
- *Dissolution* by C J Sansom
- *Lock In* by John Scalzi
- *Where'd You Go, Bernardette* by Maria Semple
- *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer
- *Frankenstein* by Mary Shelley
- *The Rosie Project* by Graeme Simsion
- *The No 1 Ladies' Detective Agency* by Alexander McCall Smith
- *One Day in the Life of Ivan Denisovich* by Aleksandr Solzhenitsyn
- *Wild: a Journey from Lost to Found* by Cheryl Strayed
- *Just One Damned Thing After Another* by Jodi Taylor
- *The Hiding Place* by Corrie Ten Boom
- *Letters From Father Christmas* by J.R.R.Tolkien

BOOK REVIEW



The Embroidered Book by *Kate Heartfield* is a historical fantasy story set in 18th-Century Europe. It follows the lives of the sisters Queen Maria Carolina of Naples (known as Charlotte) and Queen Marie Antoinette of France (known as Antoinette) from childhood to the eventual falls of their monarchies, with the additional twist that as children they stumbled on the existence of an enchanted book of spells. Throughout their lives, they use magic to try to gain power and security for themselves and their

kingdoms, but in the process they fall into the intrigues of secret networks of magicians across Europe as well as dealing with the aftereffects of the sacrifices required to cast the spells.

It's a long and complex book, covering a time period of years, but very engaging and feels deeply rooted in history even as the fantasy elements pull it further away from the actual reality of the time. The relationship between the two sisters is very well crafted and sympathetic and acts as the emotional centre of the book, anchoring a lot of the other complex and interlocking events.

It's a long and complicated story and there are some sexually explicit scenes, as well as scenes of spousal abuse. Some descriptions of the magic also have elements of horror and the fact that casting some spells involves sacrificing love and memory can be quite creepy. I'd recommend it for adults who enjoy a fantasy twist on historical events.

Becca Edney

GOODBYE FROM NORTHSTOWE SOCIAL

On behalf of Northstowe Social Committee, we're updating to advise that the group will now sadly close. This has been a mutual agreement by all group members. While we nostalgically look back at all the great things Northstowe Social has achieved over the 4 years, the group members also look forward to continuing to make positive contributions to our local community. As part of Northstowe Social, we have built some great memories and we are grateful for having had the chance to work with, and provide for our new community.

Here is a brief summary of some of our achievements over the years:

- many bring and share picnic or free bbq events
- working with community development officers and other groups to bring regular free Wing Wednesdays
- arranging Santa, Santa's postbox and free refreshments for the Christmas light switch on event
- free craft and drinks events
- entertainment and cake for the Jubilee event
- Northstowe's first ever Pop up pub in October 2019

Thank you for your support at these events.

Whilst our committee members will be looking to apply their skills and talents to other significant work in Northstowe, it is goodbye for now from **Shola, Stella, Matt, Marzia and Kathy**

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NEW LANDSCAPING COMPANY OF THE YEAR

Northstowe Home Services Ltd

Established in 2018, Northstowe Home Services Ltd is a Cambridge-based multi-home service provider offering a variety of services to help people simplify their lives. Owner and founder, Richard Merrill, set up the business as a one-stop-shop that locals in the area could use for a range of services to tidy up and finish those jobs they've been putting off for years. The multi-faceted entrepreneur has worked on projects for both commercial and residential clients which have included landscaping services, garden maintenance, handyman jobs, painting and decorating projects. Whatever your situation, homeowner, business owner or landlord, Northstowe Home Services can help.

The judges were impressed by the comprehensive landscaping packages on offer at Northstowe Home Services. Richard and his team of professionals have years of experience and training in the industry and specialise in providing cost effective landscaping solutions to people from all walks of life. Following Richard's lead, the staff pride themselves on their versatility and ability to complete any and all jobs, regardless of their size and description. After sitting down and getting to grips with your vision, designers and garden specialists work together to develop your dream outdoor space, bringing it to fruition.

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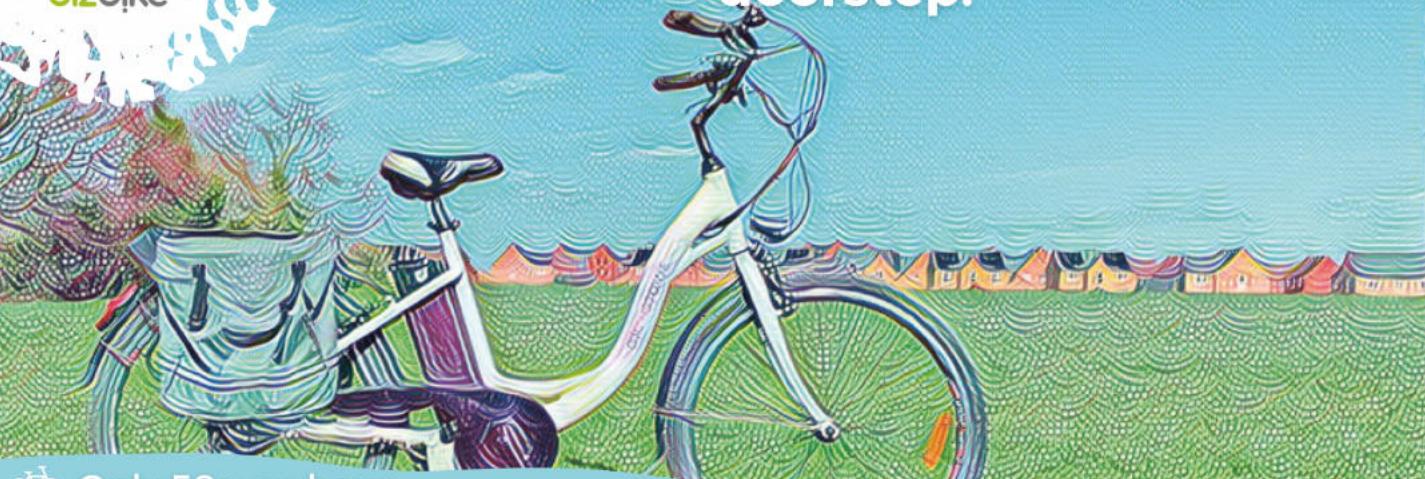
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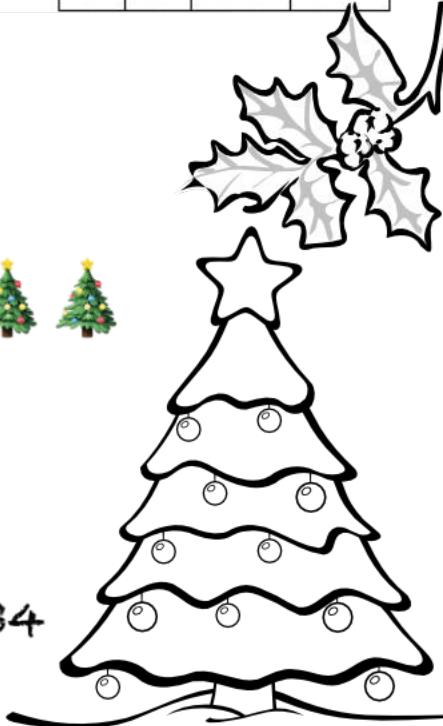
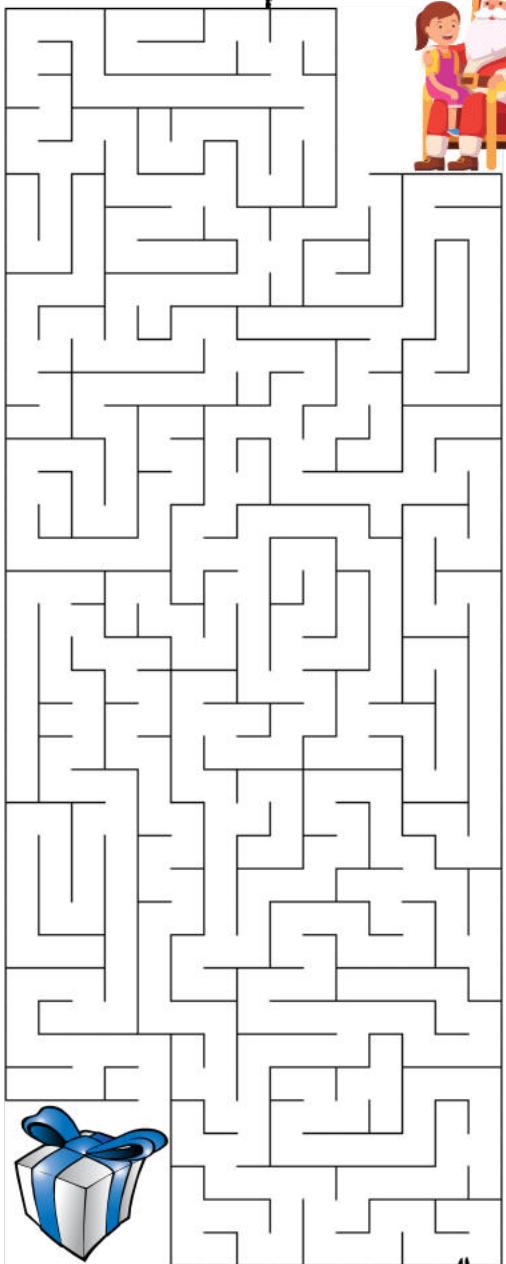
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2. ⚡️ 🔪 🚢 🚢 🚢
3. 🎅 🌙
4. 🎸 🔄 🎄
5. 📆 📆 📆 📆 📆 🎄



Answers on page 34

Reach the present!



Hannukah Wordsearch

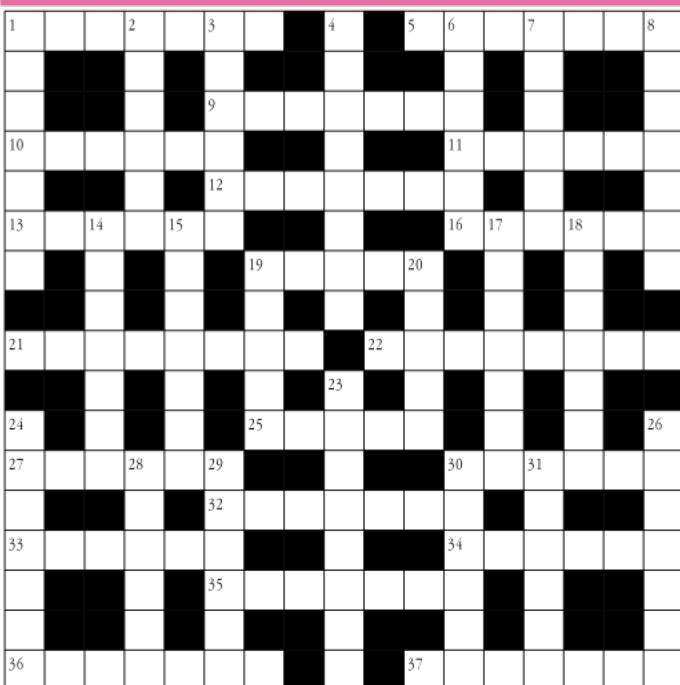


Image by Freepik: Delicious jewish sweets with menorah



Kugel	Miracle
Kislev	Festival
Menorah	Candelabra
Hebrew	Sundown
Hanukkah	Gimel
Candle	Celebration
Hallel	Jewish
Sabbath	Tradition
Temple	Shin
Dreidel	Latke

CRYPTIC CROSSWORD BY PILGRIM



ACROSS

- 1 Wrong side of a stamp, or what plants do in the autumn (3, 4)
- 5 Sounds as if Jeremy might crack (7)
- 9 Mechanism and French juvenile hare (7)
- 10 Isolated state (6)
- 11 Currency given to Dad for a satellite of Jupiter (6)
- 12 Instrument for writing dramas given to infant? (7)
- 13 Hapless, confused, and without direction, land heavily in water (6)
- 16 Confounding two sets results in disease vector (6)
- 19 Forbid access to Alan? That's trite (5)
- 21 Chimp ate in marked fashion (8)
- 22 Reg goes back around feelings of anxiety and ends up as street criminal (8)
- 25 Birds found in bargee's engine room (5)
- 27 Actually, they're rare metals (6)
- 30 Site containing two zeroes is superfluous (6)
- 32 Holiday route is a scam, but you can find it on the map (7)
- 33 That Swiss roofing material? (6)
- 34 In the state in which it was dispatched? We agree! (6)
- 35 Former partner, not much to look at, can clarify (7)
- 36 Asked puzzling questions full of holes (7)
- 37 Then mixed into standard quantity of mint-smelling chemical (7)

DOWN

- 1 Aristocrat with a penchant for pepper (7)
- 2 Colour made by graduate with two sodium atoms (6)
- 3 Ruler made from calcium? Phil is bewildered after that (6)
- 4 All people that on earth do dwell (8)
- 6 Determined to go camping? (6)
- 7 Spending spree left out wild plant (6)
- 8 Grandee is muddled and furious (7)
- 14 Lure imp to become more uneven in texture (7)
- 15 Care to avoid being seen shaking the salt (7)
- 17 Just one letter results in a vest (7)
- 18 Stout Ed takes charge of Roman military formation (7)
- 19 To fetch is tedious, with nothing left out (5)
- 20 Intersperse and depart (5)
- 23 Gents count in their heads (8)
- 24 Lent Reg a pot-pourri for a kinder approach (7)
- 26 Grand and right in the middle (7)
- 28 Like a book or 1 down (6)
- 29 Plot in colour (6)
- 30 William's favourite fruit? (6)
- 31 Nicest bug (6)



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