

# Northstowe News

By Northstowe Community – For Northstowe Community

Issue 25

February | March 2023



In this issue...  
all the News and Updates from  
Northstowe's social clubs and groups

# News and Updates

## EDITORS' WELCOME

There's so much happening in Northstowe and we can't wait to tell you about it!

Work has started on building the Sports Pavilion and the Heritage Annex, and we should soon even start to see work beginning on the Interim Community Centre and Central One - the Town Centre area with High Street and Civic Hub.

There are new opportunities to meet neighbours and make friends with the Northstowe Indoor Market and the Warm Hub, as well as the many existing sports and social clubs and groups which regularly meet up.

Take a look inside to find out what's new in Northstowe!

## Want to advertise in Northstowe News?

Over 1300 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](mailto:janetpendrill@gmail.com) for more details. Annual discount rates are available.

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News and Updates	2
Editors' Welcome	2
Household Bin Collections	2
Northstowe Town Council	4
Community Development Officers	5
District Council	6
Cambridgeshire County Councillor	7
Pathfinder School	8
Homes England update	8
<b>Sports, Health and Wellbeing</b>	<b>10</b>
Longstanton Grasshoppers Cricket Club	10
Northstowe Warm Hub	10
Over Day Centre	11
Grants and Funding from SCDC	12
Looking after your postnatal body	13
Willingham & Longstanton Surgeries	14
Northstowe Defibrillator (Pathfinder)	14
<b>Community Groups and Social Events</b>	<b>18</b>
What's On In Northstowe	18
Swavesey Camera Club	20
Litter Pick Update	20
Fen Drayton Lakes	20
Sustainable Northstowe	22
Longstanton Village Market	22
Pathfinder Church	24
Emmanuel Church	25
Hindu Samaj Northstowe	26
Northstowe Muslims	27
Northstowe Arts	30
Book Review	31
Game of the Month	31
Book Club	31
Northstowe New and Updated	34
<b>Puzzles and Colouring</b>	<b>35</b>

Front Cover photo by Michelle Kemp

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](mailto:northstovenews@gmail.com) with your questions, ideas and contributions.

The submission deadline for the April / May issue is **March 1<sup>st</sup>**.

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



## HOUSEHOLD BIN COLLECTIONS

Thursday 2 <sup>nd</sup> February	<b>Black Bin</b>
Thursday 9 <sup>th</sup> February	<b>Blue and Green Bins</b>
Thursday 16 <sup>th</sup> February	<b>Black Bin</b>
Thursday 23 <sup>rd</sup> February	<b>Blue Bin</b>
Thursday 2 <sup>nd</sup> March	<b>Black Bin</b>
Thursday 9 <sup>th</sup> March	<b>Blue and Green Bins</b>
Thursday 16 <sup>th</sup> March	<b>Black Bin</b>
Thursday 23 <sup>rd</sup> March	<b>Blue and Green Bins</b>



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

## STAGECOACH PRICE INCREASES

Due to rising costs, Stagecoach have made the difficult decision to increase fares in the region.

Until the end of March, however, there is a £2 cap on the price of single fares. This is part of a Government funded scheme being introduced on most single (including Child and Student) bus journeys across England from 1st January 2023 until 31st March 2023. But if you are intending to make a return journey or more than one trip in a day, you may still find that other day tickets remain cheaper.

Between Northstowe and Cambridge, for example, a Flexi 10 ticket now costs £30 or £3.00 per day (activated on any ten days for a period of up to 12 months). They are available only using the Stagecoach App for iPhone or Android. "Cambridge Town Zone" Flexi5 and Flexi10 tickets remain valid on the Busway all the way from Cambridge to St Ives - you do not need to buy the Cambridgeshire Plus Zone ticket to travel from Northstowe.

## INDUSTRY INVESTMENT IN NORTHSTOWE

Heraeus Noblelight – formally Noblelight, founded in Cambridge in the late 70's and one of the technology- and market-leaders in the production of specialty light sources and systems – has announced their relocation from the Cambridge Science Park to a larger purpose designed facility in Northstowe.

Heraeus Noblelight managing director, Debbie Playle, explains, "We are seeing increasing sales of our flashlamps and flash systems across all our markets, largely driven from aesthetic and cosmetic, and the industrial sectors. In our new home in Northstowe, we will be able to increase our manufacturing capabilities to double output in five years, so reducing lead times for our customers, while ensuring that our facilities continue to lead the way in workplace safety and environmentally-aware manufacturing. We will also use this opportunity to drive apprenticeships and employee training, which we consider critical to our on-going and sustainable success."

The move to Northstowe will be undertaken in multiple stages to minimise any production disruption. The first steps are already underway to meet the early 2024 completion date.

Heraeus Noblelight develops, manufactures and markets infrared and ultraviolet emitters, systems and solutions for applications in industrial manufacture, environmental protection, medicine and cosmetics, research, development and analytical measurement techniques.



## OWLS COMMUNITY CAR SCHEME

For over 10 years the OWLS Community Car Scheme has provided an invaluable service to residents of Over, Willingham, Longstanton and Swavesey who are elderly or who have specific needs. Northstowe does not yet have the need for a Community Car Scheme of its own so OWLS has stepped in to temporarily fill the gap. Requests for journeys are through the scheme's mobile 07505 254363. Journeys are usually wait and return apart from hospital visits and cost customers 30p a mile (min charge £4).

OWLS need to urgently recruit more volunteer drivers; we already have some Northstowe customers but no volunteers drivers who live there. Journeys are calculated as a return journey from the driver's home and drivers receive a total of 45p a mile (max. HMRC allowance). Drivers do not have to commit to any regular days/times although one journey a week would be appreciated. Most of OWLS journeys are for medical appointments but visits to care home or hospital visiting, local shopping (same village) and occasional social activities are provided, depending on the availability of drivers.

OWLS relies on local volunteers to keep this much needed and appreciated Community Service operating. Can you help by offering to be a volunteer driver?

Please ring 07505 254363 to find out more.

## NORTHSTOWE YOUTH HIVE: TREASURER NEEDED



Already, the young people of Northstowe, supported by a great team of local residents and professionals, have started to make our new town a place where young people of all backgrounds, beliefs, genders, sexualities, and cultures can have fun, develop, learn from each other and work together to shape Northstowe themselves. They have set up the Northstowe Youth Hive, piloting a pop up café, establishing the weekly Pop Up Youth Club on a Bus, joined the lantern parade... and started to dream big. To grow this, we need a new treasurer:

- Would you enjoy being part of a diverse group of volunteer trustees helping to make strategic decisions, alongside Northstowe's young people and youthwork professionals?
- Do you have experience or transferrable skills to bring to charity governance, especially in the areas of finance?
- Can you work as a team, challenge constructively and contribute to collective decisions we will all stand by?
- Are you able to maintain integrity when handling sensitive and confidential information?
- Do you have time to offer; with the self-awareness to know when to say yes and when to say no to commitments?

Get in touch: [youth@northstowe.info](mailto:youth@northstowe.info) or message our chair, Beth, on 07720330272

## NORTHSTOWE TOWN COUNCIL

### TOWN MAYOR, CLLR RICHARD OWEN



Hi Northstowe, and Happy New Year! It's been a very busy couple of months here, with so many events happening as part of the Winter Festival. I'd like to thank Northstowe Arts, Pathfinder and Emmanuel churches and both Pathfinder and NSC schools for helping to put together such a packed schedule! I was honoured to switch on the Christmas lights at Light Up Northstowe - the turnout from the community was amazing, especially considering how cold it was! As you'll have seen, we unfortunately had to remove the Christmas tree from the Green just after Christmas Day as it was vandalised. It's such a shame that someone felt the need to carry out this mindless act. If you know anything about who was responsible, there's a case open with the police so please do get in touch.

Since the last issue, there's been significant progress on the interim community facilities - the planning application for a modular building on the grass area next to the Green (the same area where the permanent community centre will be located) is due to be submitted in mid-January. This facility should meet the needs of community groups, with room for growth over the next three years, and we expect it to be in use by summer this year. It's also great to see such quick progress on construction of the sports pavilion, which will also be open for use by summer, ready for the next football season!

NTC is proud to be participating in the Warm Hubs initiative, providing a space for people who want to gather and socialise in a warm space through the winter months. We are running sessions on Wednesday mornings (9:30am-12:30pm) and Thursday evenings (6-8pm), open to all with free refreshments.

Last year, we agreed to work with ParkPlay to bring organised park games to Northstowe on Saturday mornings throughout the year, free to everyone. After a short delay due to high demand for new sites, this will now be going ahead starting this spring on Western Park! We're looking for volunteers to help coordinate the sessions, along with a "Play Leader" to be hired on a contract basis to get this up and running. Look out for details in the coming weeks!

As always, if there are any issues you'd like to raise with the Town Council, please get in touch with either me ([cllr.owen@northstowntowncouncil.gov.uk](mailto:cllr.owen@northstowntowncouncil.gov.uk)) or Mark, our Town Clerk ([townclerk@northstowntowncouncil.gov.uk](mailto:townclerk@northstowntowncouncil.gov.uk)) - there is always a standing item for public participation at our council meetings as well, with Full Council meetings on the 4th Tuesday of each month.

**Cllr Richard Owen, Town Mayor**

### TOWN CLERK, MARK NOKKERT

#### Where would we be without volunteers?

By the time you read this, we hope to be in the position to offer the Deputy Clerk position to a second member of staff, following our recent recruitment process. This will without a doubt not be the last person the Town Council is going to recruit: with the constant growth of the town and growth of activities and assets the Town Council gets involved in, more and more staff will also be needed. To give you an idea of what is to come: nearby St Ives has 9 members of staff and Cambourne, now also a sizeable town, has no fewer than 13 members of staff to keep all the plates spinning.

But an incredible amount of work is of course also done by people volunteering their time: your 15 Town Councillors are all actively involved in a number of Working Groups, volunteering their time to help develop and deliver new initiatives, events and the brand-new market.

Loads of activities also simply cannot happen without the fantastic input and many hours put in by volunteers from the community, as the Light Up Northstowe event showed so clearly.

The Mayor flagged up ParkPlay in which the Town Council is investing, with free sessions to be offered every Saturday, hopefully starting soon. Although a paid Play Leader will be involved, this cannot be sustained properly without further support from volunteers from the community. Likewise the Warm Hub at the Secondary College, for which the Town Council secured external grant funding with the help of SCDC officers, is being provided with numerous volunteer hours put in, to offer this service to the community until the end of March.

I already mentioned the market: it is still the intention to start the six-month pilot market in April – to take place on the Green for when the weather is warming. But a further three indoor market events are now also planned for the colder months, to take place on Sundays 22 January, 26 February and 26 March, at the Pathfinder Primary School, between the hours of 9:30AM and 1:30PM; see more information at the Town Council's website or our social media. And for the indoor as well as the outdoor markets, the Council is still looking for more volunteers, to ensure this pilot market is going to be a success.

Let us know if you are interested in volunteering for any of the above initiatives!

**Mark Nokkert, Town Clerk**

[townclerk@northstowntowncouncil.gov.uk](mailto:townclerk@northstowntowncouncil.gov.uk)

# Northstowe Forum 2023 Schedule



**Wednesday 11 January, 6:30pm**  
**Wednesday 29 March, 6:30pm**  
**Wednesday 12 July, 6:30pm**  
**Wednesday 4 October, 6:30pm**



Community Forums are free, open to all, public meetings bringing together residents, planners, developers and other stakeholders to discuss and share information about new developments. The forum is open to everyone including young people/students who live in Northstowe or attend one of the schools.

[www.scambs.gov.uk/communityforums](http://www.scambs.gov.uk/communityforums)

To join our mailing list, request agenda items or raise questions for discussion, please email the team.

[northstowe.community@scambs.gov.uk](mailto:northstowe.community@scambs.gov.uk)

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## COMMUNITY DEVELOPMENT OFFICERS

Mihaela Stan and Michele Eidevik-Skinner

### Northstowe Community Forum 29th March

Northstowe Community Forum will take place on 29th March. There will be a diverse range of stakeholders that will provide updates and interesting topics of conversation.



### Subject specific Drop-in

The CDOs hosted a drop-in at the Secondary College on Wednesday 7th December. Greenbelt were on-site to answer questions on management and maintenance of open spaces. This was from 3pm-7pm which allowed the opportunity for people to attend after work. The Community Development team was there to answer general questions, take contact details and forward some questions to the relevant parties. We are hoping to make this a regular occurrence, we would welcome suggestions from residents on future themes.



### Welcome Packs

We have delivered the final Welcome Packs of 2022 in December and look forward to welcoming new residents in 2023.

### The Winter Festival

Mihaela supported the Town Council at the Winter Festival during Light Up Northstowe and was on-hand to talk to the local community. The Christmas jumper swap was a great initiative from Sustainable Northstowe, as well as the festive carols, wellness walks and running challenges from various community groups.

### Warm Hubs

We are continuing to support the Town Council with the Warm Hubs and have recruited a number of volunteers from the community to manage the project. These are hopefully starting on the 4th January in the Secondary College on a Wednesday morning and Thursday afternoon. We would like to ask residents if they have any suitable activities (boardgames, arts and crafts) to donate or talks they would like to give.

The Community Development Team are also working with the Children's Centre to support their Family Warm Space sessions which will take place on a Thursday morning at Pathfinder School.

### Northstowe Allotments

We are supporting the Northstowe Horticultural Association to identify volunteers who would like to take over some of the raised beds they are building. Volunteers will also be needed for the Community Orchard tree planting project which is hoped to be done early next year. Please get in touch if you'd be interested in participating in any of these initiatives.

We would also like to hear from you if you have any ideas where the community can get involved and would be happy to support you deliver these.

## DISTRICT COUNCIL

### Cllr. Natalie Warren-Green



Since the By-election on 3rd November, the first two months of my time as one of the District Councillors for Longstanton Ward (including Northstowe and Oakington & Westwick), I have been balancing my

time between training sessions and council meetings at South Cambs District Council (SCDC), and getting closer to understanding the concerns across the ward communities, how I can use this insight to support progress on areas of concern, and to celebrate the good things happening too.

#### In Northstowe there is Teamwork and Progress

To understand the frustrations of residents, I have been supported by many, including members of The Town Council, The Northstowe Delivery Group, The Northstowe Communications and Communities Team, Planning officers, Bill Handley, Lead Cabinet Member for Communities (SCDC), County Cllr. Firouz Thompson, and residents alike, to help me focus on action I can take to support quick, medium and long-term developments. As we enter 2023, dates for the completion of the Interim Community Building are emerging as being late Spring or Early Summer and I am keen to work with the Community Team to make this a great success. I am also pleased to see the progress of the Kickstart programme which Lawrence Zeegen, who stood for election with me, is involved in, showing continued commitment to Northstowe residents by presenting information on this at the January Northstowe Forum. *If you can make it to future Northstowe Forums please find myself, Cllr Firouz Thompson, and Cllr Bill Handley there. We will be at hand during drop-ins, so feel free to come and introduce yourselves.*

#### In Northstowe there is community spirit

While people grapple with the development of a new town, I have been delighted to experience examples of the community togetherness at the Remembrance Service held outside, the Foodie evenings where great food comes to town in vans, and the Festival of Light including talent from Northstowe and Longstanton and a positive vibe. It's been a pleasure to feel the spirit of emergent high energy community which can be built on as amenities are developed. *I am looking forward to more events to attend in 2023!*

#### In Northstowe there are constructive resident voices

I have been pleased to receive emails from residents, and comments on the Longstanton, Oakington and Northstowe Facebook page, set up by my always supportive predecessors, highlighting concerns including mud of the roads, road surfaces, lorries at school pick-up time, and waste collection when the snow fell. These supported me to direct people to resolve issues and to get answers from officials in charge of such things. I am grateful for the communication from residents and welcome all your constructive queries and feedback. *Please keep asking me by email and messenger where you need to go for help!*

#### In the first months of 2023...

I will be in close contact with those involved in the Making Connections consultations by the Greater Cambridgeshire Partnership, finding out next steps for the next few months; I am scheduled to attend meetings about groundwater issues which are high on the agenda; and I will be developing a plan for how best to support the Communities Team and residents with developments as progress continues in 2023.

#### Happy New Year Northstowe!

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](mailto:cllr.warren@scambs.gov.uk)



### Cllr. Tom Bygott



#### Election results

May I take this opportunity to thank all those who voted in and helped with the by-election on the 3rd of November. I am delighted to be given the opportunity to

serve as your District Councillor, and will work hard to represent your interests at the District level. I would like to congratulate Cllr Natalie Warren-Green who was also elected in Longstanton ward, and to thank Sarah Cheung-Johnson and Alex Malyon for their service as your retiring councillors and to wish them well as they now focus on raising their young families.

During the many doorstep conversations that I had with residents of the ward, three issues clearly emerged that need to be addressed:

- Ensuring that the District Council takes action to resolve the problems with the groundwater and underground aquifer that have led to the ponds in Longstanton and Northstowe drying up
- Holding the developers and the District Council to account for the delivery of community facilities such as shops, a community centre and GP's surgery in Northstowe, and
- Campaigning to stop the imposition of a Congestion Charge in Cambridge

#### Groundwater issue

At the July 2021 meeting of the District Council (when I was District Councillor for Girton ward), I asked a question about what was being done to follow up on the HR Wallingford report into the possible cause of the drying up of the ponds. In the answer to my question, we were promised that an Action Plan had been written and was being reviewed by the parish and town councils and ward councillors. I asked a further question at the November 2022 Council meeting about when the Action Plan would be made public. This Action Plan took a very long time to come into the public domain, but the District Council has now created a section on its website at [www.scambs.gov.uk/community-safety-and-health/northstowe/northstowe-groundwater-investigations](http://www.scambs.gov.uk/community-safety-and-health/northstowe/northstowe-groundwater-investigations) that contains links to the HR Wallingford reports and the Action Plan and provides a description of the various issues.

I don't think that this is adequate yet, but at least it is a start, and the main issues are now in the open where residents can read about and access the relevant documents. The text starts off by saying that it is the Environment Agency that is responsible for enforcing legislation on matters to do with groundwater. This may be true in a technical sense, but as the Local Planning Authority the District Council is in a much greater position of leverage. Property developers who wish to continue making a profit and who wish their planning applications to continue to be approved need to be on their best behaviour. It is easy for developers to wriggle their way out of following regulations when no-one is watching, but it is ultimately the power to pause or stop future development approvals that will make them sit up and notice.

### Congestion charge

The Greater Cambridge partnership is currently running a consultation on its Congestion Charging scheme. The consultation runs until noon on Friday 23rd December and the documents and survey can be found at:

<https://consultcambs.uk.engagementhq.com/making-connections-2022>

There is also a petition asking for Cambridgeshire County Council to hold a referendum before implementing this new tax:

[https://cambridgeshire.cmis.uk.com/ccc\\_live/ePetitions/tabid/115/ID/60/-Petition-demanding-referendum-to-decide-on-congestion-charge-for-Cambridge.aspx](https://cambridgeshire.cmis.uk.com/ccc_live/ePetitions/tabid/115/ID/60/-Petition-demanding-referendum-to-decide-on-congestion-charge-for-Cambridge.aspx)

The £5 daily charge would cover the whole city, including Addenbrooke's and Royal Papworth hospitals. Hospitals are usually sited at the edges of cities so that city residents can easily access them via the convenient public transport that operates within cities, but where residents of outlying villages can also access them. In most villages, development is too sparse to support viable public transport, and most long-distance travel is done using the car. We need to make sure that our hospitals are easily accessible from both the city and the countryside.

**Cllr Tom Bygott**

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

07765 475 513

## CAMBRIDGESHIRE COUNTY COUNCILLOR

### Firouz Thompson



Happy New Year, with winter in its ascendancy, we are asking residents to take extra care in the evenings, especially in bad weather as the days remain shorter and visibility may be reduced. We're now well into autumn with wonderful colours but fading light at either end of the day. Please take care with changing road and path conditions and set out to travel safely wherever you go.

Here is my summary of Cambridgeshire County Council (CCC) matters at the time of writing in early January.

### Making Connections consultation

The Greater Cambridge Partnership Making Connections 2022 consultation closed on Friday 23 December. Around 23,000 responses have been received, and the Greater Cambridge Partnership expects to publish a final report on the consultation outcomes and next steps, for consideration by its Board in June 2023.

The consultation is about proposals for public transport improvements, and better cycling and walking options, as well as about the element which has been most talked about, a congestion charge.

Any decision on a charge for driving on roads in Cambridge or anywhere else in the county would be a matter for Cambridgeshire County Council. We do not yet know whether a proposal for a congestion charge will progress beyond the consultation, or if it does, what it might look like after the public responses to the consultation have been considered. We would expect the proposals in the consultation, including the proposal for a congestion charge, to be significantly changed by the public response to the consultation. And I would want and need to know what the public -all the public responding to the consultation, thought before casting a vote.

### Household Recycling Centre planned at Northstowe

In the original plans for Northstowe Phase 1, a Household Recycling Centre (HRC) was planned to comply with the size of the town. Following CCC Planning Committee on 16 November 2022, permission was granted for the Milton HRC to be redeveloped and expanded, therefore a site would no longer be required in Northstowe but S106 funds will still be required.

Following this permission CCC planning officers consulted with the Planning Casework Unit for the Department for Levelling Up, Housing & Communities (DLUHC) on behalf of the Secretary of State, who confirmed that they are not calling in this planning application and are content for CCC to proceed.

CCC waste officers will now look to use the funds secured in the Northstowe Phase 1 S106 to help implement this permission for Milton HRC and as part of that discuss a deed of variation to allow consideration of an alternative land use for the current proposed HRC site in Northstowe Phase 1.

This item will be on the future agenda at Northstowe Delivery Group monthly meetings.

### Contact Details

Please do not hesitate to contact me, if you have any questions.

[firouz.thompson@cambridgeshire.gov.uk](mailto:firouz.thompson@cambridgeshire.gov.uk)

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

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

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

Cost of living crisis: helpful information and advice on a single webpage about schemes run by Councils and others can be found here:

<https://tinyurl.com/39mj9hwa>

## HOMES ENGLAND UPDATE

As we get settled into 2023 and look forward to all that it brings, we have reflected a bit on all that has happened in 2022 across the town's more recent phases as well as the wider established and growing community.

In 2022 we had some significant steps forward...

Planning permission was granted for the final phases of Northstowe to progress - the last 5,000 homes and facilities. Phase 3B will provide 1,000 homes, another primary school, a small mixed-use area and public open spaces.

This news followed Phase 3A getting the green light too, which includes 4,000 new homes, a mixed-use centre, two primary schools, and a range of open spaces.

We've welcomed new housebuilders on site. Keepmoat will launch very soon in Phase 2B, and we are progressing with finding a new development partner for the remainder of Phase 2A.

In the summer, we ran a competition for the local community to decide on the names of the three lakes or waterparks as they are known. This was a huge success; the names are; Bug Hunter Waters, Unity Lake and Halcyon Mere. Alongside supporting important community events such as Northstowe Running Festival and 'Light Up Northstowe.'

We are also proud that our Section 106 money has been put to good use. Not least, it enabled Northstowe Arts to become a formal Community Interest Group so they can take on bigger projects at Northstowe that benefit the community.

### Coming up in 2023..

Central One is the name for the Town Centre area, and we are pleased to announce we have found a partner to start creating this important heart of Northstowe. This partner will build the very first phase including; 450 apartments and townhouses, a shop, a market hall with retail and leisure use, a civic hub, two public car parks, town gardens and a section of what will become the main High Street.

It also includes additional housing with permission for up to 130 houses and a neighbourhood play area. There will be many opportunities for the local community to have input on the detailed plans as they develop over 2023 and beyond, and we are very excited about it.

Alongside this, we've secured £123 million of funding from the Government to plan and deliver the rest of the town, including enabling roads, homes and facilities needed.

The link road is undergoing some final checks by relevant organisations/authorities to open to the public safely in 2023. It will be the primary access into Northstowe once open.

The new Heritage Centre will be open in the Spring, all being well. This vital building will house some of the finds from the Northstowe archaeological digs and the A14. Homes England has provided funding and land to help make this happen, including funding for a sculpture inside the building.

Make sure you attend the Community Forums where our plans are shared widely, as well as check the website for updates [northstowe.com](http://northstowe.com)

<b>Jan/Feb</b>  <span style="font-size: 2em;">✓</span>  <b>FUNDING &amp; PLANNING SECURED</b> <small>for the penultimate phase of development</small> <b>Work starts on LAKE THREE</b> <b>Final stages of the SOUTHERN ACCESS ROAD</b>	<b>Oct/Nov</b>  <b>Arts funding provided for COMMUNITY SCULPTURE</b>  <b>HERITAGE CENTRE STARTS ON SITE</b>	<b>Dec</b> <b>Supported the 'LIGHT UP NORTHSTOWE' event and the CHRISTMAS TREE</b> 	
<b>Oct/Nov</b> <b>TOWN CENTRE PARTNER ON BOARD to build first phase</b> 	<b>March/April</b> <b>Section 106 money enabled NORTHSTOWE ARTS TO BECOME A COMMUNITY INTEREST GROUP</b> 	<b>June/July</b> <b>Funding announced by South Cambs for critical phase two facilities</b> <b>£4.82 MILLION towards the phase two CIVIC HUB</b>  <b>£2 MILLION towards the phase two SPORTS PAVILION</b> 	
<b>May/June</b>  <b>Local community names lakes: BUG HUNTER WATERS UNITY LAKE &amp; HALCYON MERE</b> 	<b>March/April</b> <b>PLANNING SECURED For final stage of the town</b> 	<b>August/Sept</b> <b>TOWN CENTRE BUSWAY</b> <small>that connects the guided bus tested ready for delivery</small> 	<b>SUPPORTED BY HOMES ENGLAND</b> 

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# Sports, Health and Wellbeing

## NORTHSTOWE OPENS WARM HUB FOR ITS RESIDENTS AND NEARBY VILLAGES

In collaboration with Cambridgeshire ACRE, with funding provided by the Integrated Care System (ICS), South Cambridgeshire District Council has set up a series of community-led free-to-use Warm Hubs this winter. Northstowe Warm hub officially opened its doors, at Northstowe Secondary College (NSC) on 4th Jan at 9:30 am. Organised by the Town Council, this has been a collective community action in a bid to help tackle the cost-of-living challenges faced by the community and to provide families and those who are socially isolated and vulnerable with a place to keep warm in Northstowe and surrounding villages.

The Warm Hub will be open at the Northstowe Secondary college **between 9.30am and 12:30pm on Wednesdays and between**

**6:00pm – 8:00pm on Thursdays.** The hub is on the second floor (gym area), although discussions are taking place to potentially move to the downstairs café area at NSC. The scheme is planned to run through till the end of March.

The hub will be open to all, with anyone under the age of 18 to be accompanied by an adult. It is a chance for residents to socialise with neighbours and have access to free Wi-Fi, hot drinks and refreshments. The hub is planning well-being sessions, language classes and games night. If you have any suggestions or would like to get involved, please e-mail [townclerk@northstowetowncouncil.gov.uk](mailto:townclerk@northstowetowncouncil.gov.uk)

See you there!



## LONGSTANTON GRASSHOPPERS CRICKET CLUB



In 2007 we achieved ECB Clubmark status, being one of the first 5 clubs in Cambridgeshire with this we pride in maintaining it. This shows that as a club we are sustainable, well run and provide the right environment for our members. Every year we continue to invest in our facilities, equipment, and coaches.

Since that period the club has continued to evolve playing as a village team throughout the whole of Cambridgeshire with members from surrounding villages and Northstowe. The club has both a senior and junior section. Our Senior section has two league teams that play on a Saturday and Our junior section flourished with over 80 junior members across our Colts Programme and ECB All Stars. We had 3 junior age groups competing in junior league cricket in 2022 this consisted of U10, U12 & U14 teams. Due to the popularity of subscription, we will be looking to expand our age groups and coaches to encourage people into the sport.

Having successfully completing renovations on the ground and artificial wicket it meant that the club was packed up for winter! However we had a successful winter programme go ahead for our Colts aged 12 and above thanks to our dedicated managers of the age group! It was so popular that we have our spring programme booked ahead ready to go. From Sunday 5th February for 10 weeks we will run a 1 hour training session each week having its own theme with a few stand out ones:

Sunday March 19th - **FREE** session available to girls aged 11 to 15. No experience necessary.

Sunday March 26th - **FREE** session to anyone aged 11 to 15 who might want to try cricket for the first time or come back to the game having never played before.

If you are looking for more information on youth cricket please email [coltslgcc@gmail.com](mailto:coltslgcc@gmail.com). For anyone with a general enquiry please reach out to [longstantoncc@gmail.com](mailto:longstantoncc@gmail.com) or go to our website for more details Longstanton Grasshoppers CC ([play-cricket.com](http://play-cricket.com)).

## OVER DAY CENTRE - SOME EVENTS FOR 2023

To help the Over Day Centre raise £50,000 towards solar panels and solar-powered bathing for clients, amongst other events, the Day Centre is planning to hold again in 2023 two very popular days :

### The 5-pub Challenge



Sunday 14<sup>th</sup> May

and

### The Bike Rides



Sunday 25<sup>th</sup> June

We hope the 5-pubs, 12 mile walk, will have a choice of stops at the usual watering-holes of Pike & Eel, Needingworth; The Ferryboat, Holywell; The Three Tuns, Fen Drayton; The White Swan, Swavesey; and the Community Centre, Over.

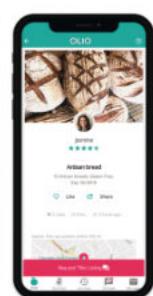
The Bike Rides will again have a choice of fully route-marked rides, planned by Willingham Wheels and Swavesey & Over Cycling Club. You will be able to choose from 100km, 50km and family routes through local countryside and villages. Afterwards you will be welcome to join us for an after-ride social at the Community Centre, Over.

Willingham Wheels are also organising a 'Sofa-to-50k', 8-week training programme, for novice riders to gradually increase their distance, culminating in the 50k ride. For details, please contact Nigel at [sofa250k@outlook.com](mailto:sofa250k@outlook.com).

Further details will be published soon but in the meantime please add the two event dates to your diaries.



## 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!

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TOWN COUNCIL**



Are you looking at getting back into football or want to play more football? In Northstowe there is adults session on Monday nights. Its turn up and play and welcome to everyone, we play 7 a side and 9 a side, Its £6.25 per week, Cash bank tranfer and card taken.

**Northstowe secondary collage**

**MONDAYS  
7:15-8:15**



If you wish to have more information please get in contact with George at [George@kickstartactivelife.co.uk](mailto:George@kickstartactivelife.co.uk)

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## GRANTS AND FUNDING FROM SCDC

A wide range of support worth almost £400,000 to help South Cambridgeshire residents, is being put into place by South Cambridgeshire District Council after a cost of living crisis package was agreed.

At a Cabinet meeting on 14 November Councillors agreed to offer additional support measures, especially to people who are most vulnerable, after hearing how the rising cost of energy and food bills is having a major impact on individuals, families, and businesses across the district.

A total of £180,000 has been put towards support measures from the District Council and a further £211,000 will come from the Cambridgeshire and Peterborough Integrated Care System (ICS). The ICS are providing this funding to ensure support is co-ordinated effectively and directed at those in need locally.

In addition, the Council is working closely with various local partners to ensure residents know where to go for advice and help.

Cllr Bridget Smith, Leader of South Cambridgeshire District Council, said: "We're determined to do all we can to support residents and businesses in our communities. The cost of living crisis is impacting people with moderate to good incomes as well as those already struggling.

"Increased daily bills, especially energy and food, is pushing many into hardship, poverty and worry. We know some families will have to choose between "heating and eating" and many households, particularly those with low incomes, have run down savings and increased debt due to the pandemic, only to face yet another huge challenge.

"Our package of support includes an opportunity for residents who are able, to donate to a charitable giving fund to provide slow cookers and electric blankets for people most in need. We have launched the fund with a £15,000 donation. If you are able to donate, please visit [www.gofundme.com/SCDCcostofliving](http://www.gofundme.com/SCDCcostofliving)."

The approved support package agreed includes:

- £100,000 top-up for Discretionary Housing Payments to support an extra 100 eligible families with housing costs.
- £60,000 for Discretionary Council Tax discounts for anyone who can show they are in financial hardship and are not claiming from a scheme elsewhere.
- A proposal to provide Localised Council Tax Support to provide up to 100% discount to some households and increase support for working claimants.
- £15,000 towards a Charitable giving fund [www.gofundme.com/SCDCcostofliving](http://www.gofundme.com/SCDCcostofliving) that residents can also donate to. Money will go towards low-cost methods of staying warm and cooking such as slow cookers and electric blankets for people struggling and those only just managing.
- Expansion of Warm Hubs which are free cosy spaces which residents of all ages can visit to socialise, work, catch up with friends.
- £15,000 to expand the Warm Packs that are provided to Council tenants so that they include an electric blanket, hot water bottle, thermos flask, blanket, thermal socks, gloves and hat. Contractors, Mears, are providing 75 warm packs per year over a 10-year contract distributed to the most vulnerable tenants. The warm packs scheme will be expanded so Environmental Health officers can distribute to residents living in very cold conditions.
- Food parcels for people attending the Warm Hubs who are identified as being most in need, in parishes where there is no foodbank already in place.
- Financially and logistically supporting the creation of new foodbanks within South Cambridgeshire, providing grants to other foodbanks to help continue their provision.

Information about the above schemes will be made available on our website, including how to apply for support.

Kit Connick, Chief Officer of Strategy and Partnerships at the Cambridgeshire and Peterborough Integrated Care System, said "Across Cambridgeshire and Peterborough, the Integrated Care System (ICS) is working together to focus help and advice where it is most needed, tailored to the different needs of our local communities. Helping people to stay well this winter is a priority for all system partners. The funding we have provided here, and across the system, will ensure that support is targeted and co-ordinated to where it is most needed to help our local people."

The Council is also working with a range of partners to ensure good understanding of available local support such as Cambridgeshire County Council on the Household Support Fund that provides one-off food and fuel payments. Also, the Local Energy Action Partnership (LEAP), who provide energy and money saving advice to residents and onward referrals service for income, benefits debt advice and funded energy efficient improvements.

Additionally, the Council will support residents by authorising and providing Trussell Trust Food Bank vouchers, offering onward support and signposting as appropriate.

### **Emergency Go Fund Me page will help residents struggling in the cost of living crisis**

People are invited to donate to a new emergency Go Fund Me campaign which will help finance the response to the cost of living crisis in South Cambridgeshire.

South Cambridgeshire District Council has kick started the initiative to help provide more vulnerable residents hit hardest by the cost of living crisis with lower cost options to keep warm and cook.

The Go Fund Me page officially launched Tuesday 29 November with money raised being added to Council support for people just about managing.

Cllr Bill Handley, Lead Cabinet member for communities, said: "We hope to target those who are only just managing, especially those in work who fall under the radar and don't receive much support in the form of benefits, but are still struggling to make ends meet. We hope residents who are able, will get involved and play their part by donating to help those less fortunate. According to Martin Lewis, an electric blanket costs in the region of £1.50 a week to run if you were to use it for 7 hours a day. Using this as an alternative to central heating has the potential to make a huge impact on people's bills. Additionally, slow cookers are a fraction of the price to run when compared to using an oven."

The funding the Council has pledged could see around 400 people supported with free electric blankets and slow cookers but even more can be done if donations are received.

In the first stage of the scheme, the Council will write to people who receive a 75-85% Council Tax discount as they have identified as potentially in greatest need of support. This group may be expanded depending on the number of donations received.

The first group of people eligible will have three weeks to claim the support offered by completing an online form. A phone number will be provided for people without internet access to call and go through the form with a member of Council staff.

If more budget becomes available after three weeks due to donations, the scheme will be expanded to more people on lower brackets of council tax discounts.

Councillors have said that they recognise that most people in the district are feeling the effect of the cost of living crisis but believe any donations will go a long way to improving the lives of those struggling most this winter.

- Donation is possible by visiting [www.gofundme.com/SCDCcostofliving](http://www.gofundme.com/SCDCcostofliving).

## New funding for community electric vehicle chargers in South Cambridgeshire

Electric vehicle charging will become easier across the district thanks to a new grant for public charging points for village halls and community buildings.

Grants of up to £5,000 each are available from South Cambridgeshire District Council towards the cost of installing an EV charger at community buildings. Once installed, people can use the EV chargers by downloading an app and buying their charging time on their mobile phone.

Cllr Brian Milnes, South Cambridgeshire District Council's Lead Cabinet Member for the Environment, said: "As more people switch to cleaner, greener energy, it is vital they can feel reassured about being able to charge electric vehicles in our towns and villages. We are serious about reducing deadly air pollution and building a greener economy, so are really pleased to be able to support communities to deliver these charging points, for both residents and visitors to the area."

Grant applications will be assessed on deliverability and positive impact. Chargers must be publicly accessible and funding will be allocated on a 'first come, first served' basis. Projects must demonstrate there is a demand for an EV charger.

Link: <https://www.scambs.gov.uk/climate-emergency-and-nature/grants-funding-and-community-support/electric-vehicle-charge-point-grant/>

Initial funding of up to £20,000 is available to be awarded before the end of March 2023. If the initial fund proves successful, South Cambridgeshire District Council will seek to continue funding support for community charging points after that date.

- More information, guidance, and the application form can be found at the grant's webpage. Any questions, please contact [evcp.grant@scambs.gov.uk](mailto:evcp.grant@scambs.gov.uk)



### 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 (operating out of Willingham Baptist Church until the new Community Facilities open in Northstowe)

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

### Looking to donate?

The nearest collection point is at Bar Hill Tesco

### Want to volunteer?

Get in touch!

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

## LOOKING AFTER YOUR POSTNATAL BODY

In pregnancy the body changes dramatically due to the extra weight and the presence of hormones that relax the ligaments (relaxin). This shows as a pronounced lordotic lower spine (as it's being pulled forwards), and a forward tilted pelvis. The internal abdominal muscles relax to make space for the growing baby, and the external ones might even split.

This weaker abdominal area often results in lower back pain, and in an even more pronounced lordosis as the abs aren't strong enough to support the abdominal organs. The pelvic floor often becomes weaker due to the suboptimal positioning of the pelvis that doesn't allow for proper engagement throughout the day, the effect of the relaxin, and the extra weight that's putting pressure on it.

In the postnatal period, most of these changes remain as the body needs some time to recover, and the hormone relaxin in particular can linger for a few months, although this tends to be shorter when not breastfeeding. The birth itself can also add new weak points, such as an episiotomy in the pelvic floor or a caesarean section in the abdominal muscles.

Many of the regular postnatal activities can have a detrimental effect on this already weak body: pushing a pram will strain the lower back even more, as the tone of the core abdominal muscles hasn't been recovered; one-sided carrying of heavy loads can further imbalance the body (this is fairly common with shoulder nappy bags, and with the custom of carrying babies in a car seat); leaning over repeatedly to put baby down and pick them up, and also for nappy changes, can strain even more, and start to affect the shoulders and upper back too.

Often exercise will be recommended, but without enough appropriate information: working your pelvic floor muscles and internal abs with the pelvis in the wrong position can be close to useless for example, and trying to go back to pre-pregnancy exercise straight away can easily result in injuries due to the effect of relaxin and the lack of core strength.

Unfortunately even many exercise providers aren't trained in postnatal bodies, and will do more harm than good.

For at least the first six months after having a baby, less is certainly more when it comes to exercise, and ideally you'll want to look for a class that also allows you to work around your baby's needs.

### Cristina Freniche

Postnatal Yoga Teacher at  
My Yoga Corner, Northstowe



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### **Online Consultations using Patient Triage**

We very excited to announce we have now gone LIVE with our new online consultation service.

This is a great way for you to contact our practice for non-urgent medical or admin requests. You can request results, sick notes and medical advice. It is a very simple form to fill in online and submit it straight to the GP, without having to sit in a lengthy phone queue. Please do give it a go if you need to contact us.

Although the character count is limited on the form, please try to give as much specific and concise information as possible. We really think it is easier for most people than waiting on hold to speak to a receptionist but would love to hear your feedback.

If you do not have access to the internet or find it difficult to use a computer or smartphone you can call reception instead and they will complete the triage form on your behalf.

You can access the new patient form via the NHS app or from our website. (Link available on our home page)

**Please note - The practice will respond to your enquiry within 2 working days. If you need urgent assistance for an acute problem, please continue to call our reception team for an on the day appointment. Continue to use 111 for medical help when we are closed, or 999 for a life threatening condition.**

### **Phone System Upgrade**

We know the queue to speak with our team can take some time, we have therefore listened and upgraded our phone system to help us manage calls more efficiently.

Patients now have the option to request a 'call back'. Your place in the queue will be held, and the surgery will automatically call you back when you get to the front of the queue.

If you want to cancel your appointment, you can now select option 3 and leave an answerphone message for our reception team so you no longer have to stay on hold.

### **Repeat Prescriptions**

Please allow 3 working days for prescriptions. Did you know you can order your repeat prescriptions using the NHS app?

You can also order repeat prescriptions using Systmonline and ordering via the practice website.

If you need to register for online access, please contact our reception team.

### **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 1st February at Willingham Surgery, where we will be holding a drop in meeting between 2pm and 4pm. Please come along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely FREE!

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

*Lisa Smith –Assistant Practice Manager– January/February 2023*

### **Your GP Practice team – Here to Help**

A range of healthcare professionals work at your practice and in the wider community to help you get the right care when you need it.

Depending on your needs, you may be seen by a member of the wider practice team. Having access to a range of professionals means you receive the most appropriate care as quickly as possible.

Here you can find out more about our dedicated practice team:

**Reception team and Care Navigators:** Staff in our reception team are specially trained to know about the services available to you at your GP practice and in your area. They will listen and talk to you in confidence about your health problem, to understand your needs so they can book you an appointment with the right healthcare professional or service.

**Advanced Practitioners** (including nurses, paramedics and physiotherapists) are qualified professionals who have undergone additional specialist training and are able to assess, treat, diagnose, refer and prescribe medication.

**Practice nurses:** Nurses undertake a wide range of activities. They assess, screen and treat people of all ages including those with long-term conditions such as asthma, heart disease and diabetes who may need regular health checks. They also provide services such as immunisations and fit notes.

**Clinical pharmacists** Clinical Pharmacists are experts in medicines and can support those with long-term conditions like asthma, diabetes and high blood pressure, or anyone taking multiple medicines, to make sure their medication is working.

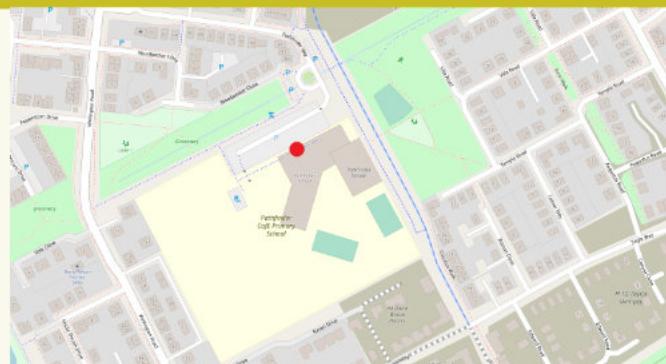
**Healthcare assistants:** Healthcare Assistants work under the guidance of a nurse or another healthcare professional. They help with routine health checks including blood pressure monitoring or taking blood samples, and can give certain vaccinations.

**Social prescribers** Social Prescribing Link Workers help people to focus on their social, emotional, and physical wellbeing, working alongside their medical team. They help people to connect with local groups and services for a range of practical and emotional support. This could include physical activities and social groups, volunteering and gardening, or even debt and housing advice.

Everyone who works for a GP practice is covered by the same codes of confidentiality.

## **NORTHSTOWE DEFIBRILLATOR (PATHFINDER)**

The defibrillator which was previously located at the David Wilson show home has now been relocated to Pathfinder Primary School in Northstowe. This was installed by a qualified electrician courtesy of JLBElectrical and it will be serviced by a professional contractor beginning of February. The defibrillator is located on the school's external wall to the right of the building, as the site is accessed from the main gates, please see the map attached. The Community Development Officers will inform the community when it is ready for use.



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Birth Preparation  
Support groups



### Baby

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[MyYogaCorner@gmail.com](mailto:MyYogaCorner@gmail.com)  
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# Community Groups and Social Events

## WHAT'S ON IN NORTHSTOWE

### LOCATION ABBREVIATIONS

**NSC** = Northstowe Secondary College

**PFPS** = Pathfinder Primary School

### 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](mailto:enquiries@Northstowetsd.co.uk)

#### Over Power (£)

(See Thursday's entry for details)  
PFPS playground, 6pm & 7pm

#### Football (£)

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

#### Tai-Chi (£)

Weekly relaxation and inner peace. 19:30 at the PFPS. To book please email [malcolmsavannah233@gmail.com](mailto:malcolmsavannah233@gmail.com)

#### Social Run

Longstanton and Northstowe Limpers social run meeting on The Green at 19:30  
[facebook.com/LandNLimpers](https://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 (£)

NSC Astroturf, 7pm - 8:30pm  
All abilities welcome. Contact [huntingdonhockeyclub@gmail.com](mailto:huntingdonhockeyclub@gmail.com)

#### Fastbreak Basketball (£)

Indoor sessions in the NSC Sports Hall, 12 & Under at 6pm, 14 & Under at 7pm  
[northstowe@fastbreakbasketball.co.uk](mailto:northstowe@fastbreakbasketball.co.uk)

#### Northstowe Board Games

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

### WEDNESDAYS

#### Warm Hub

Socialise with neighbours and have access to free Wi-Fi, hot drinks and refreshments. 9.30am-12.30pm at NSC.

#### 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](mailto:northstowe.community@scambs.gov.uk))

#### Longstanton and Northstowe Limpers

Session starting at 7pm for people that are new to running or getting back into it.  
[facebook.com/LandNLimpers](https://facebook.com/LandNLimpers)

#### Over Power (£)

(See Thursday's entry for details)  
PFPS playground, 6pm & 7pm

### THURSDAYS

#### Little Explorers

*Time for you, your baby, and God.*  
For babies, their pre-school big siblings, and their parents or carers. Thursdays 9:30-10:45 in PFPS  
[contact@northstowe.church](mailto: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](mailto:enquiries@Northstowetsd.co.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 Thursday of the month, 7pm in Pioneer Park or online (weather dependent). For more info see [facebook.com/sustainablenorthstowe](https://facebook.com/sustainablenorthstowe) or email [sustainable.northstowe@outlook.com](mailto:sustainable.northstowe@outlook.com)

#### Pregnancy Yoga (£)

Covering breathing techniques, warmup and yoga poses, deep relaxation with self hypnosis (hypnobirthing) and various birth and parenthood preparation topics. 7pm at Longstanton Village Hall.  
<https://myyogacorner.uk/>

#### Warm Hub

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

#### Fastbreak Basketball (£)

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

#### Over Power (£)

Fitness, Strength, Conditioning circuits. We help ladies to tone up, lose weight and feel great. PFPS playground, 7pm.  
[www.overpowerfitness.com](http://www.overpowerfitness.com)  
[overpowerfitness@outlook.com](mailto:overpowerfitness@outlook.com)

#### 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](mailto:marilynsq@icloud.com)

#### Chicken Soup for the Soul

Stop, Breathe, Pray – 1st Thursday of every month, 8-9pm. [www.northstowe.church/pray](http://www.northstowe.church/pray)

### KEEP US UPDATED PLEASE!

Spotted any errors, changes, or more groups to be included? Please email [northstovenews@gmail.com](mailto:northstovenews@gmail.com)

### 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 PFPS, 5-6pm (under 8s) and 6-7pm (over 8s). For more info contact [colinhippidoj@gmail.com](mailto:colinhippidoj@gmail.com)

#### Northstowe Jets Basketball (£)

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

### SATURDAYS

#### Sustainable Saturdays

Information stands, swap events and pop-up Refill Station with zero plastic waste. 4<sup>th</sup> Saturday of the month, on The Green. See [facebook.com/sustainablenorthstowe](https://facebook.com/sustainablenorthstowe) or email [sustainable.northstowe@outlook.com](mailto: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

### SUNDAYS

#### Northstowe Indoor Market

by Northstowe Town Council. Wide variety of food and non-food stalls including local business and a hot drinks food van. 4th Sunday each month Jan-Mar, 9:30am-1:30pm in PFPS Main Hall

#### Emmanuel Church Northstowe

A growing gospel-centred church serving a growing new community. Sunday morning services for all ages at 10:30, at NSC. [www.emmanuelchurchnorthstowe.org](http://www.emmanuelchurchnorthstowe.org)

#### Pathfinder Church Northstowe

Your local Church of England church with an inclusive ecumenical welcome: praying, exploring, and sharing. Sunday Gatherings 3.30-5pm (normally at PFPS, but check [www.northstowe.church](http://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 NSC. Email [ignite.ecn@gmail.com](mailto:ignite.ecn@gmail.com)

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

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



**Youth group (11-14s)**

# IGNITE

All are welcome!

**Sundays, 5-7pm**

- Bible discussion
- Games
- Snacks

**Fortnightly in term time**

**Feb 12th**  
**Feb 26th**  
**Mar 12th**  
**Mar 26th**  
...

**Northstowe Secondary College**  
**Stirling Rd, Northstowe, CB24 1Dj**

[emmanuelchurchnorthstowe.org](http://emmanuelchurchnorthstowe.org)  
[ignite.ecn@gmail.com](mailto:ignite.ecn@gmail.com)

Northstowe Town Council

## INDOOR MARKET Northstowe



**22ND JANUARY**  
**26TH FEBRUARY**  
**26TH MARCH**

**Sundays**

**9:30 a.m.  
1:30 p.m.**

Pathfinder School Main Hall  
Northstowe - CB24 1AA



ENGLAND

## An update from Fen Drayton Lakes



*The Parasol mushroom – a sizeable species which can be found at Fen Drayton Lakes*

This issue's article is about the strange world of fungi. Many people think fungi only appear in the autumn but in fact various species can be poking out of the ground or wood all year round. The keen mycologist (the term for someone who studies fungi) always knows to keep their eyes on the ground where they might chance upon an exciting find.

Fungi have perplexed scientists for generations. They were once thought to be related to plants but in fact are more evolutionarily related to animals. Nowadays they are granted their own kingdom in the web of life. The variety of species is simply enormous, and it can take many years to fully document the breadth of species which can occur on a site such as Fen Drayton Lakes. Hundreds, if not thousands, of fungi species occur here and we have only scratched the surface of what can be found so far.

Bracket fungi are one of the easiest groups to spot. Favouring obvious locations on trunks of trees or stumps. They are frequent in the countryside and include species with enticing names like the juicy red Beefsteak, and Chicken-of-the-Woods, a bright yellow-orange bracket which grows in tiers.

One which many visitors might see at the reserve is the Candlesnuff, also known as the Stag's Horn. It has tiny stick-like structures which branch at the top and turn from black to white. It grows out of logs and stumps which are rotting down.

A recent find on the reserve was of several Parasol Mushrooms, which were the size of dinner plates. It is easy to see how this species gets its name with the slender stem and umbrella shaped cap. They are always a crowd-pleaser.

Fungi do several incredibly important jobs in nature. The first is that some help trees access nutrients which significantly improves tree health and growth. They also help to rot down leaves, twigs, logs and stumps which contributes towards producing soils. Finally, a small number cause tree decay which is an important process in woodland and creates dead wood which many insect species require.

Back to the birds, and now it is winter, a cold snap could see the arrival of large numbers of ducks and waders to the area. In previous winters the reserve has hosted a small number of Smew. A scarce duck from the continent with the drakes dressed in a pure white feathering with black stripes and a black face patch. Search for this duck on Ferry and Drayton Lakes in particular.

If you would like to join the 1.2 million RSPB members to help protect wildlife and the special places it lives, or would like to find out more about membership, please take a look on our website at [www.rspb.org.uk/join-and-donate/join-us/](http://www.rspb.org.uk/join-and-donate/join-us/)

### Wednesday Wander

If you are interested in finding out more about the wildlife you can find here, as well as the work we are doing to create and maintain valuable habitats, why not join one of our monthly 'Wednesday Wander' guided walks? These volunteer-led walks take place once a month, usually on the second Wednesday, stopping to take in the seasonal highlights. To see details and book, please visit: [events.rspb.org.uk/fendraytonlakes](http://events.rspb.org.uk/fendraytonlakes)

Email: [fendraytonlakes@rspb.org.uk](mailto:fendraytonlakes@rspb.org.uk)

Phone: 01954 233260

**Visit [rspb.org.uk/fendraytonlakes](http://rspb.org.uk/fendraytonlakes)**

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

## SWAVESEY CAMERA CLUB

### Photographic Exhibition

Saturday 25<sup>th</sup> March 2023

From 10 am to 4 pm at Swavesey Memorial Hall



*Photo: Gannet Courtship by Maggie O'Moore*

After our successful return to the Memorial Hall last year, Swavesey Camera Club are back at the end of March for their 2023 Photographic Exhibition. This event is one of our major opportunities to demonstrate our photographic skills to the public. Visit us and vote for your favourite image. In addition to the beautiful prints on display, there will be a continuous display of projected images and AV presentations. Some of the images will be available as greetings cards with all the proceeds from the card sales going to Arthur Rank Hospice Charity. Coffee, cake and other refreshments should also be available.

As in previous years we host an Open Photographic Competition within our Annual Exhibition. Our aim is to encourage photography amongst everyone in the local community. The Competition is open to any non-professional photographers and can be on any subject (but no selfies). Prizes will be awarded in three categories: junior school age, senior school age and adults.

Visit our website [www.swaveseycameraclub.co.uk](http://www.swaveseycameraclub.co.uk) for further details.

## LITTER PICK UPDATE

Since 2019, wonderful volunteers have been turning out every month to help pick up litter all over Northstowe, keeping count of the waste we find, and reporting it as part of national surveys.

We have GOOD NEWS! Our community are doing such a great job we no longer need a monthly litter pick! But we'll still be joining in with special events such as the Great Big Green Week and supporting the Pick Your Patch scheme. So keep an eye on social media.. and be ready to join in! Message Beth for more: 07720330272

*- A warm welcome to -*

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email: [hello@willinghamaucationscafe.com](mailto:hello@willinghamaucationscafe.com)  
Tel: 01954 261252.



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Welcome

## LONGSTANTON VILLAGE MARKET

Longstanton Village Market returns,  
**Saturday 1st April 2023**

Libby and I would like to say a really big thank you to everyone who has come to support the Village Markets in 2022. Whether you came for a coffee and a chat, bought treats for yourself or gifts for loved ones, every visitor has made a real difference. Often stalls have sold out (especially cakes) and we now have a mix of regular stallholders and a few new stalls each time, offering a variety of interesting food and gifts to peruse, buy and enjoy.



Thanks also to the Parish Council, who allow us to hold the market on the Village Green (next to the Co-Op). It's a lovely location for people to meet up and explore the stalls.



The reason I volunteered to help run the markets was to connect local creatives with local residents. It's been rewarding to be able to support Longstanton and Northstowe residents, stallholders and community groups. I plan to continue to volunteer in 2023 with our seasonal markets. Our Easter Market will be 10am-12.30pm, **Saturday 1st April 2023**.

We wish you a Happy New Year, and very much look forward to seeing everyone in 2023!

Ali & Libby

Email:

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

Facebook: longstantonmarket

## SUSTAINABLE NORTHSOWE

### December updates

- The Community Pantry toured to Longstanton Village Market on Saturday 3rd December. With the market well attended, all food was given away! We are also regularly linking with the food bank, the Community Library Bus and any relevant community events.



- We held a toy stall at the Pathfinder School Christmas Fayre which was a great success! We had amazing donations from the community that found a new house at the fayre, and that also help us raise some funds for community projects. We will most likely run another one in the next year. We also ran alongside Northstowe Arts a great and fun upcycling crafts stall!



- At the Northstowe Secondary College, we installed a Christmas jumpers rail for swaps which has been very active.
- Our new website is now live and online:  
<https://www.sustainablenorthstowe.org.uk/>



### Plans for 2023

- Super Saturdays will move to 4th Sunday of the month, to align with the Town Council indoor market events during January, February and March.
- Our group annual general meeting (AGM) will be held on the 16th February. We will decide location/online in January's group meeting. At the AGM we will be electing Committee officer roles (Chair, Treasurer, Secretary). Our Secretary is stepping down and we need help in running the group (e.g. writing articles like this one!), so do get in touch if you would like to take up a role.
- We have a date for the postponed Community Action Day on recycling: 17th of June (2nd Saturday of Great Big Green Week). We will have recycling skips for wood, metal, and small electrical items, and more side events. More details to follow.



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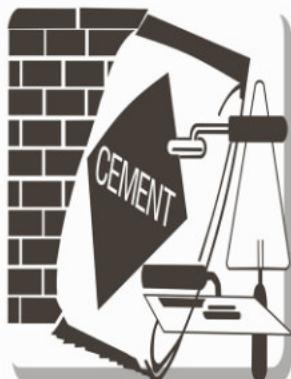


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## PATHFINDER CHURCH NORTHSTOWE: praying, exploring, and sharing

Northstowe's local Church of England Church, supported by Churches Together to give an inclusive ecumenical welcome to those of all Christian traditions and none. Revds Beth and Stephen work closely with Revd Lucy at our sister church of All Saints' Longstanton. If you aren't already part of a local church, why not join us at community events, or for faith-based gatherings at 3.30pm on Sundays in Pathfinder Primary School



Looking back on 2022, three words sum up much of how we've been *sharing* in new town life in Northstowe:

- **Presence** –when we simply, prayerfully, hold a space where people can feel safe. E.g., offering chaplaincy support in school, or an invitation to “*bring your blues to the Stable Scene*” on Longest Night.
- **Participation** - sometimes, another group will have started something great, and we join in – like gathering a pop-up band for the *Friends of Pathfinder School Christmas Fayre*.
- **Partnering** - often projects are bigger than any one group could achieve, so we work together! Such as helping prepare for the *Northstowe Winter Festival Switch On*, sharing our *In The Picture Scene*, or when we joined with the Northstowe Foodies, the Punting Players Brass Band, the Guides, and many community figures for a snowy *Beer and Carols*

But sometimes we need to do more than just these: we need to step out, take risks, dream big... **Pioneer something new**. Pioneering starts with *being present*: listening to those around us... and for what God is already up to! It involves *participation* in what is already happening, and then, in *partnership*, taking the next steps together. And, through that process, starting to imagine and work for a future as yet only glimpsed in our prayers. This definition from CMS puts it well:

*'Pioneers are not just dreamers, they are 'dreamers who do', capable of turning dreams into reality, or at least taking the risk to try and do so. Pioneers draw in others to do this.'*

So how about it? If you have big dreams for Northstowe...if you have a sense that there is something *Someone* might be preparing you to be part of...**come and join us putting dreams into action!** **Especially if church isn't normally where you'd start.** And if church is already your thing? **We need your support in prayer, from right where you are!**



Revd Beth Cope,  
Pioneer Minister  
for Northstowe



### Where to start? Why not pop down and meet us:

- Sunday Afternoons 3.30-5pm in Pathfinder Primary School, including Wild Church (often around a campfire) on the last Sunday of the month
- Midweek activities: the Monthly Chicken Soup for the Soul (poetry and silence); a fortnightly group for those in their 20s and 30s, a weekly book group, and our Thursday morning Little Explorers group – time for you, your baby, and God. See [www.northstowe.church](http://www.northstowe.church)
- Special events for Lent and Easter, including a Pancake Afternoon Tea. See: [www.northstowe.church/Easter](http://www.northstowe.church/Easter)



see our website

# Emmanuel

CHURCH  
NORTHSTOWE

*me is just keeping my faith, having faith in God so I don't need to be nervous or worry about any outcomes."*

Most of us don't perform in the spotlight of a football world cup. But our own challenges and pressures are real. Like Saka, we could all benefit from knowing God's love, and the truth about this world and how we should live. So while the Bible may seem to some like an out of date book, it is actually immensely relevant to each of us. Because the Bible claims to be God

speaking to humanity. *All Scripture is God breathed*

(2 Timothy 3:16). And as reliable truth about reality, it then

guides us through life: *Your word is a lamp for my feet, a light on my path.* (Psalm 119:105) Vishal Mangalwadi highlights how Jesus himself treated the Bible: "For Jesus, as for the psalmist, God's Word was the lamp for his feet and the light for his path." And that then spills over to us, as Saka shows with his daily Bible reading: "The way to know the truth is to cultivate our minds and meditate on God's Word." (Vishal Mangalwadi, "The Book that Made Your World")



At Emmanuel Church we keep reading and thinking about the Bible together because we believe God speaks truth through it, and we want to learn more about God, and this world and how to live well in it. We want to know God's love and peace as we face the challenges of life.

If you'd like to read the Bible yourself, explore the Bible's message, debate what the Bible is, or discuss your questions, please get in touch ([contact@emmanuelchurchnorthstowe.org](mailto:contact@emmanuelchurchnorthstowe.org)). We'll gladly deliver a Bible or resources for personal Bible meditation, host a discussion, or share an invitation to a group exploring the Bible's message about Jesus. (Image credit: Pexels, 一徐)

**Save the date: 29<sup>th</sup> April is our 5<sup>th</sup> Anniversary celebration.**

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](https://facebook.com/emmanuelchurchnorthstowe)

You can find our more information on our website: [emmanuelchurchnorthstowe.org](http://emmanuelchurchnorthstowe.org)

Please feel free to contact us with any questions: [contact@emmanuelchurchnorthstowe.org](mailto:contact@emmanuelchurchnorthstowe.org)

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

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

All Age service on 1<sup>st</sup> Sundays  
Holy Communion on 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays  
Morning Praise on 3<sup>rd</sup> 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](mailto: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

1<sup>st</sup> Friday of each month, House Mass locally 7.00pm.

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



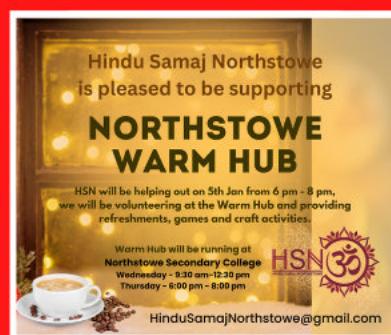
Children with their handcrafted lanterns & Christmas Light Switch On event



What an amazing start we had for our winter celebrations! Northstowe Arts brought to us The Winter Festival and their lantern making workshops seemed to have become all the rage. At our Lantern making workshops while the kids enjoyed learning about the theme of

'Victory of Light over Darkness'

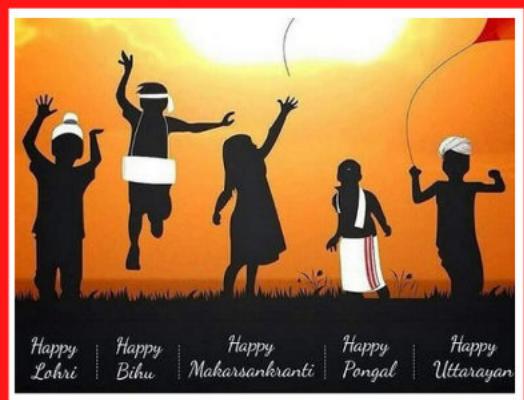
in Hinduism through the stories of Rama and Sita, the grown ups got busy making this Lotus shaped Lantern depicting the 'The Sacred Lotus'. It was mesmerizing to see scores of handmade lanterns come together for the parade and walk as one for the Christmas Lights Switch on event.



We ended 2022 with a visit to The Over Day Centre where we were received with extreme warmth and joy. Our young people enjoyed playing party games, singing Christmas carols and entertaining the clients there while we served them festive treats. We are looking forward to our next visit for Valentine's Day. Please do get in touch if this is something you would like to get involved with.

2023 has already started with a bang as we volunteer for the Northstowe Warm Hub. We will be providing refreshments and also be running activities there. Look out for our 'Breath Work - Yoga for Light Within' workshop coming in February.

We would like to wish a very happy Lohri, Bihu, Makar Sankranti, Pongal and Uttarayan to those celebrating. These are all names for the Winter Harvest Festival celebrated throughout India in January. Wishing you all a very happy and healthy New Year.



*Happy New Year*  
from  
Hindu Samaj Northstowe



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## NORTHSTOWE MUSLIMS: WINTER FESTIVAL & UPCOMING RAMADAN & EID-AL-FITR

The New Year stands before us, like a chapter in a book, waiting to be written. We can help write that story by celebrating as a community at festivals such as the Northstowe Winter Festival.

Northstowe Muslims participated at the Winter Festival which was open to all to come and celebrate together. Special thanks to Northstowe Arts for leading the lantern design workshop and ensuring it was a fun filled event - an appropriate precursor to the Lights Festival. We also arranged light refreshments; a henna stall; a general knowledge quiz and a clothing competition for children up to 5 years – ensuring there was something for everyone!



As we look towards the New Year and in particular the first few months, we are reminded that we have Ramadan (March) and Eid al-Fitr (April). Ramadan is the 9th month and one of the holiest months of the Islamic calendar. It is in this month that the Holy Quran was revealed to humanity. There are 5 major verses in the Quran that describe the month of Ramadan.

*"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous"* – Quran Chapter 2, Verse 183

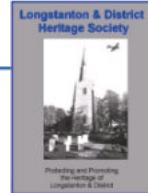
The sighting of a new crescent moon marks the start of Ramadan, a time for piety and self-reflection. After the last day of Ramadan, Muslims celebrate its ending with Eid al-Fitr - the "festival of breaking the fast". As Muslims, our doors are open to the wider community, and we look forward to celebrating our special time and festivals with you all. Invitations/posters will be sent nearer the time.

Wishing everyone a Happy, Healthy & Prosperous New Year!



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## LDHS UPDATE: NORTHSTOWE February - March 2023



LDHS is delighted to have been asked to support the ***Northstowe Arts Sculpture Project for the Heritage Annex***. This project will use broken sherds of pottery from the Northstowe site to create a work of art for the new heritage building. In order to help local residents understand the historical context of the material being used, this LDHS Update has kindly been written by Dr Oscar Aldred of CAU and we thank him for his contribution. Dr Aldred has worked extensively on the Northstowe site for a number of years and the discoveries made by archaeologists not only explain the history of the Northstowe site but also add to our understanding of how local communities interacted with each other, the Fen Edge and the wider local area.

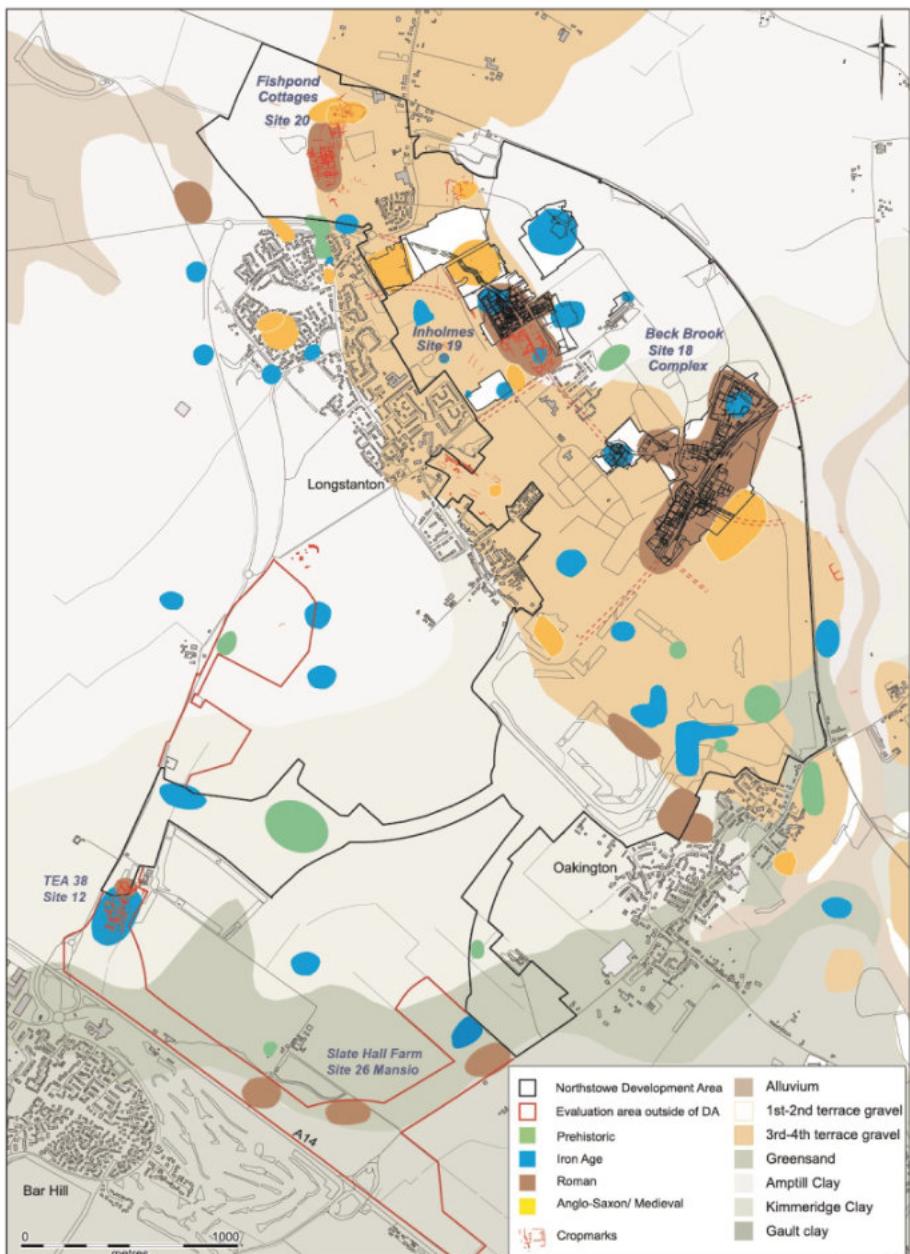
### Excavating the past: a short history of Northstowe's archaeology

*Dr Oscar Aldred, Cambridge Archaeological Unit, Department of Archaeology, University of Cambridge (ora20@cam.ac.uk)*

The long-term history of the communities that lived within the area covered by the Northstowe development, is told through archaeological features and finds. Fortunately, the evaluations and excavations conducted by the Cambridge Archaeological Unit, Department of Archaeology, University of Cambridge between 2004 to 2007, and 2014 to 2019 (principally Phases 1 & 2) recovered a lot of amazing material to tell this story. Starting in prehistory, artefacts, such as small flint blades from the Mesolithic period (c. 10,000 years ago) were found in later features, along with Late Neolithic (c. 6,000 year ago) objects, such as a Cornish Greensand polished axe. The objects were connected with seasonal and temporary activities. However, in the Middle to Late Bronze Age (c. 3-4,000 years ago), field systems comprising large, co-joined ditched enclosures were established, within which animals such as cattle and sheep grazed. These field systems covered the area known as Inholmes and Purcell fields (Northstowe Phase 1). In addition localised pitting dating to the Late Bronze Age to Early Iron Age (c. 2,800-3,000 years ago) occurred, suggesting seasonal activity with camping amongst the fields, rather than fully developed settlement. Occasionally, during this seasonal work, people died. They were buried amongst the fields, connected with a few Middle to Late Bronze Age unurned cremation burials.

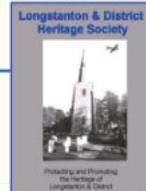
A change from seasonal occupation to permanent settlement occurred in the Middle Iron Age to Late Iron Age period (c. 2,100-2,300 years ago). In the latter part of the period, there was an increase in the size and density of occupation – about thirty settlements have been identified so far - ranging from small, single farmsteads with single enclosures, to more complex settlement and field arrangements. This also included interconnected settlements, which were joined by long linear ditches. Large amounts of material culture were found, including pottery (used for cooking and eating food, but also for food storage), and food debris in the form of animal bone.

Worked bone tools, loom weights for weaving, worked stone such as querns, as well as precious objects such as brooches and local tribal and Roman Republic coins were also found. Communities at this time became much more organized, creating long ditches and trackways between settlements, probably helping to harness communal spaces for growing crops and grazing animals.



Map – Archaeological ‘sites’ identified across Northstowe with excavation features and airborne transcription, with main sites named.

## LDHS UPDATE: NORTHSTOWE February - March 2023



The Roman invasion of Britain in the first century CE was arguably more of a cultural invasion than one involving the mass migration of people (besides the military). However, across Northstowe it produced a change in the organization of local settlement spaces, with a clear take-up of Roman material culture (things like pottery and precious objects such as coinage and brooches). Across the Northstowe development area three large Roman period settlements were established, two of which we know were on top of earlier Iron Age ones. These three were Site 18 (Beck Brook), Site 19 (Inholmes), and Site 20 (Fishpond Cottages); see map. A fourth settlement (Site 26) was a high status settlement, possibly a villa or Mansio. These settlements shaped the surrounding landscape for the next four hundred years or so. Like the preceding Iron Age settlements, they were also connected, but by a series of trackways, linking the settlements to each other but also to grazing areas (e.g., towards the fen-edge and the clay uplands), main communication routes (e.g., *via devana*) and other settlements (e.g., North-West Cambridge hinterland, Cambridge small town, Arbury Camp and King Hedges villa, Fenstanton, Cottenham, Over, Willingham, and the Earth 'port' of Camp Ground). Locally made pottery (as well as imported), animal bone, worked stone, bone tools, metal objects (e.g., coins, brooches, toiletry sets), and a complex infrastructure of drainage ditches were found at Sites 18 and 19, along with two main cemetery areas, houses, shrines, and small-scale industrial remains (e.g., corn drier oven, kiln, cistern and wells). Some special objects were found, including a copper alloy stag's head for a sceptre used in religious practices, the spout of a face flagon – the 'Northstowe lady', a Barnack stone altar, and a pewter plate; see photograph.

As the settlements progressed into the fourth and fifth centuries CE, the Roman administration that kept the systems of exchange and trade in place failed, this created opportunities for new communities to emerge (possibly the ones that occupied the Roman period settlements, but also new ones too). This period is called the 'dark ages' because there is little surviving, or it is hard to identify. However, at Northstowe there is a relatively well preserved 'dark age' presence connected with early-fifth and sixth century CE settlements and burials. This evidence sits alongside new styles of pottery and metal working, especially brooches. In many ways, these new settlements – which were open clusters of structures and pits – reverted to an Iron Age type of settlement: dispersed small farmsteads, located at the edges of the former (Roman) settlements. Eventually, from the late-seventh to eighth century CE, another period of re-organization occurred; centrally placed and permanent settlements, with enclosures and hall-like buildings. This community began the start of the medieval village of Longstanton. Probably from this time, the former prehistoric Iron Age, Roman and 'dark age' field and settlement areas were turned into Longstanton and Oakington's fields and trackways, with its familiar nineteenth century field names: Stanwell/Stanhill, Inholmes, Purcell, and Mill Field; and trackways called Great More Balk, Moor Way, Broad Way and Stanwell Way.

*The Cambridge Archaeological Unit was commissioned to undertake the Phase 1 excavations by Gallagher Estates, and Phase 2 excavations by Homes England. These excavations were monitored by the Cambridgeshire Historic Environment Team (CHET) at Cambridgeshire County Council.*



Photograph – A selection of 'special' Roman objects from Northstowe: (left to right clockwise) Stag sceptre head; face flagon spout 'Northstowe lady'; Late Roman pewter plate; 3rd to 4th century CE stone altar.

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## NORTHSTOWE ARTS

What a busy winter we've had in Northstowe!

**Northstowe Winter Festival** ([northstowewinterfestival.co.uk](http://northstowewinterfestival.co.uk)) has again been a focal point for the community, making it easier for everyone to find out what's happening in Northstowe over these cold winter months. And what a breadth of activity there has been! From faith festivals to toy swaps, challenges to get active and of course Light Up Northstowe, we hope you've found something new to try and met some new neighbours? The Festival continues until the end of February so do check out the website.

It was fantastic to work with Northstowe Town Council on **Light Up Northstowe**. We had great fun making lanterns in schools, with community groups and at workshops open to all – and the parade, with such a variety of beautiful lanterns and led by Devil's Dyke Morris and Father Christmas, was full of families and just brilliant! Thank you to you all for taking part; NTC, Pathfinder Church, Cambridge 105 Radio and Emmanuel Church for your partnership work; the local schools for performing so brilliantly; and of course our wonderful funders and sponsors, all listed at [northstowearts.co.uk](http://northstowearts.co.uk).

Looking ahead, our focus over the next few months is the **Northstowe Heritage Art Project**:

Would you like to find out more about the history of our area, and work with Willingham-based artist **Chloe Leaper** to create a piece of art for the courtyard of the Heritage Annexe? We're thrilled to have been awarded funding from the National Lottery Heritage Fund and Homes England for this project.



Chloe is developing a series of workshops for you to hold, play and experiment with the Roman pottery and other spoil that will be used in the project. But what will the finished pieces of art look like?! Well - that's up to you!

Come along to a workshop and share your stories of life in Northstowe, Longstanton and the surrounding area - let's weave our history into new artwork, using ancient materials!

Join us at Northstowe House on Monday 13th February for the first workshop: more details at  
[northstowearts.co.uk/projects/heritage-art-project](http://northstowearts.co.uk/projects/heritage-art-project)





Get hands on with Roman pottery found right here in Northstowe!

Bring your stories of life in Northstowe, Longstanton and Oakington to help Chloe Leaper design mosaic sculptures for Northstowe's Heritage Annexe

FREE workshop open to all ages  
Monday 13th February at Northstowe House, Rampton Roads

More details at [northstowearts.co.uk/projects/heritage-art-project](http://northstowearts.co.uk/projects/heritage-art-project)

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Heritage Fund



Homes England



Cambridgeshire County Council



Longstanton & District Heritage Society

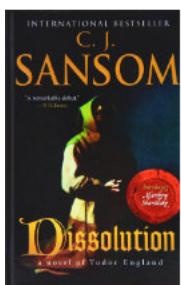
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## BOOK CLUB



**Dissolution**, the first novel in the Shardlake series by C.J. Sansom, was our Book Club choice for December. It is set in a period of great change in England. Henry VIII is now Supreme Head of the church and has appointed a team of commissioners whose aim is to dissolve the monasteries. At one monastery in Sussex, the commissioner has been murdered and Matthew Shardlake, a lawyer, is sent by Thomas Cromwell to investigate.

In essence this is a murder mystery and we all agreed that as a whodunit there are plenty of clues to help the reader solve the murder long before the protagonist catches up. Actually, I rather liked that for a change. Far too many murder mysteries keep you guessing until the final page.

It is easy to warm to Shardlake as a character. He is very sensitive about his physical appearance, intelligent rather than brilliant, and struggling with uncertainty about his master, Cromwell and his political motives. All of this makes him vulnerable to misdirection and confusion. In fact I liked all the characters. They all had a complexity, not always found in detective stories.

I also enjoyed the descriptive scenes, of monastic life and Tudor London. It is set during the winter and the isolated, icy landscapes added to the atmosphere, perhaps, particularly because at the time of reading we were experiencing similar weather in Northstowe. I hope to read more in the Shardlake series.

Northstowe Book Club meets once a month on a Monday evening. Check out our Facebook Page for more information.

## GAME OF THE MONTH

**So Clover** is a co-operative word-association game which we have been playing a lot recently at Games Night. Early in evening we like to play short games, or games people can join part way through so those who are turning up after the beginning can get started really easily, this game is both.

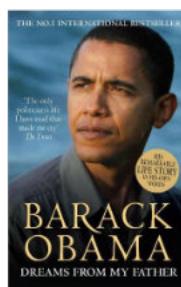


Setting the puzzle in So Clover is very similar experience to giving clues in Codenames, which is another game we love (and reviewed back in issue 12) but here everybody does it instead of just one member of the team, and you all come up with clues at the same time so there's never a time when most players are waiting around with nothing to do.

Can you work out our clues in the picture? Check our answer at the bottom of page 33! Or come and set a puzzle for us on a Tuesday evening – for details search FaceBook for "Northstowe Gamers" or email [northstowe.gamers@thecolliers.uk](mailto:northstowe.gamers@thecolliers.uk)

Andrew and Sarah Collier

## BOOK REVIEW



**Dreams from my Father** by Barack Obama is the first part of President Obama's autobiography, covering his childhood in Hawaii and Indonesia and his work as a community organiser in Chicago. While I describe it as the first part of his autobiography, it wasn't written alongside *The Audacity of Hope* and *A Promised Land* but in 1995, when he couldn't have had any idea what heights his career would reach.

It's a raw and very honest account of growing up with his white mother and grandparents, confronting racism, and trying to understand his father, who left the family when he was two. It can sometimes be an uncomfortable read, but Obama's rhetorical ability also comes through in his writing as he tells stories about power, corruption, and poverty with a clear-eyed consideration, never flinching away from his own pain or anger or the generational trauma that economic hardship, racism, and colonialism has left in his family. As well as being a real insight into the background of a former US president, it's also a revealing window into human experience and how someone can be shaped by their surroundings while also trying to shape them.

Naturally, it does contain explicitly racist scenes and language. There are also some violent scenes and third-hand accounts of abuse. I'd recommend it for adults interested in American life in general and President Obama's career in particular.

Becca Edney



So Clover is designed by François Romain, and published by Repos Production.

In this game every player makes a word puzzle for all the other players to solve. You get 4 cards randomly placed into a clover shaped grid, every card has a word on each side. Your task is to think of a single-word clue which links the pair of words on each side of the clover. Then the cards get shuffled (and another one added) and everyone else tries to work out where the cards had originally been placed.

The game varies in difficulty, sometimes a bit randomly because you can get words which seem to have no connection at all. For younger players, you could make things a little bit easier by letting them choose where the cards are placed. On the other hand, if you're finding it too easy, you can add more extra unknown cards at the end to make the guessing harder.

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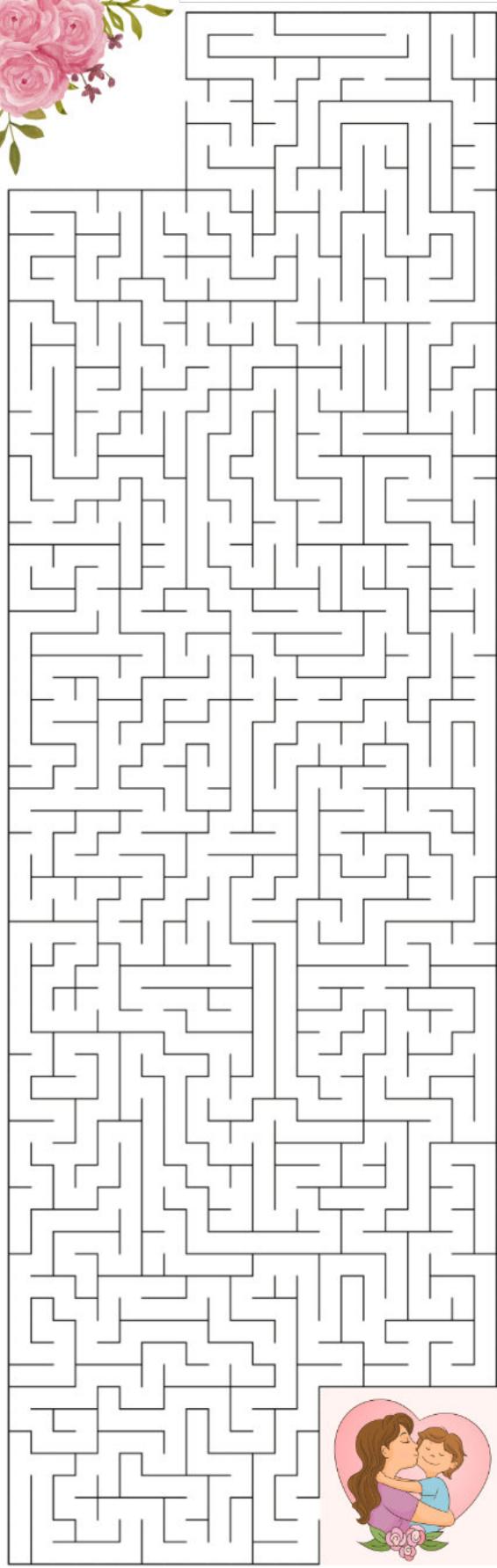


## PUZZLES AND COLOURING

*St. Patrick's Day - Friday 17<sup>th</sup> March*

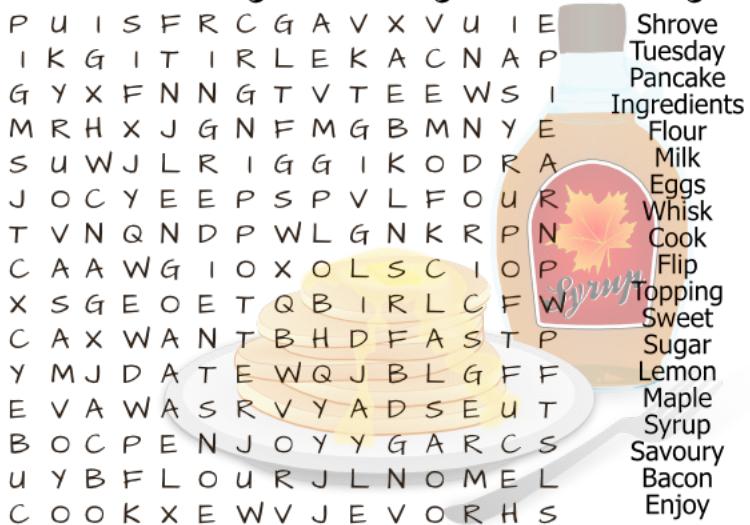


*Deliver the flowers for Mother's Day  
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*Pancake Day - Tuesday 21<sup>st</sup> February*





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