

Northstowe News

By Northstowe Community – For Northstowe Community

Issue 31

February | March 2024



News and Updates

EDITORS' WELCOME

Love Gives

As we start the shortest month in the calendar year and Christmas has long gone, summer is far away but we can smell the freshness of spring on the horizon.

It is a time for us to spread love to those around us especially with St Valentines Day just round the corner. When on a walk around Northstowe offer a smile and a hello as those can go a long way to brighten up someone's day.

Let us be known as those who seek love this year with all that it takes.

Be intentional in giving and receiving love this year.

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Front Cover photo by Andrew Collier,
Unity Lake at sunset, with new school construction visible behind.
December 26th 2023

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

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

HOUSEHOLD BIN COLLECTIONS

Friday 2 nd February	Blue Bin
Friday 9 th February	Black Bin
Friday 16 th February	Blue and Green Bins
Friday 23 rd February	Black Bin
Friday 1 st March	Blue Bin
Friday 8 th March	Black Bin
Friday 15 th March	Blue and Green Bins
Friday 22 nd March	Black Bin



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

NORTHSTOWE TOWN COUNCIL

TOWN MAYOR

Hello Northstowe and Happy New Year. It has been a very busy festive season here with a number of events from the Winter Festival including the Christmas tree light switch on, Beer and Carols and light up longest night. I want to thank everyone who was involved in organising such a well-attended series of events.

December is also the time of the year that the Council reviews and approves its annual budget, this included budget for a new role of a Market Manager and the recruitment of the role was also approved in that meeting. The new role will help us operate and develop the market offering as well as providing much needed administrative support.

We have also had the excellent news that the planning application for the permanent community building was approved by the District Council at their December planning committee meeting. A lot of very hard work from officers of multiple agencies to make this key milestone, and I want to thank everyone involved.

As Spring approaches, ParkPlay is planning to restart again every Saturday Morning from 09:30 at the Western Park, everyone is welcome to join in these free to attend sessions, so do come along and Meet, Move & Play. Find out the latest on the Town Council website and the notice board on The Green.

As always, if there are any topics that you'd like to raise with the Town Council, please do get in touch with myself (cllr.littlemore@northstowetowncouncil.gov.uk) or Mark our Town Clerk (townclerk@northstowetowncouncil.gov.uk) and there is always our standing Public Participation item on our meeting agendas. Full Council meetings run on the 4th Tuesday of the month at the Cabin.

Cllr Paul Littlemore
Town Mayor

TOWN CLERK AND DEPUTY CLERK

We hope you all enjoyed the festive period and were able to attend some or all of the great events that took place during November and December in and around Northstowe. It was really great to see so many of you attend the Christmas Tree Light Switch on, with the surprise visit from Santa!



Town Mayor, Cllr. Paul Littlemore with Santa! Photo credit: used with kind permission of Phil Mynott on behalf of Homes England.

Now 2024 is here, it is that time of year where the Town Council budget for '24-'25 has been reviewed. As part of the plans that found their way into the approved budget, as agreed at the December Full Council meeting, it was decided to recruit a Market Manager to ensure a sustainable future for the market. This has followed on from the successful pilot market held in 2023. Please keep supporting the range of fabulous traders who regularly trade at [#Northstowemarket](#). Thank you.

Our weekly Sunday Market Dates:

Dates for February: Weekly market - 4th, 11th and 18th; Larger Monthly Market on 25th.

Dates for March: Weekly market - 3rd, 10th and 17th; Larger Monthly Market 24th March.

Please note that there will be no Sunday market on 31st March as this is Easter Sunday.

DISTRICT COUNCIL



Cllr Natalie Warren-Green

As Spring approaches it's good to be able to reflect on the good things that have been happening across Northstowe this winter and the continued support we have from South Cambridgeshire District Council (SCDC) and especially the Community Team. In particular, the temporary Community Centre, now

known as The Cabin, has received a lot of positive support from Northstowe residents. The feedback I'm getting includes, the Midwife service being fully welcomed by women able to walk to appointments, the Community Team office, the inside Sunday Market, and the Foodbank, being in a more convenient place now, and the Café being a welcome addition for residents. More positive news from SCDC includes that the Sports Pavilion will be opening soon and fully functioning by Summer, the Permanent Community Building got planning permission in December, with lessons learned from the interim Cabin set to be considered as it's developed. In addition, SCDC has discussed requirements for a Gym and Café at Northstowe Secondary College and Rural England Prosperity Funding has been made available for development of these.

More widely, some examples of initiatives across South Cambridgeshire, led by SCDC, have been supporting people with the cost of living and to help Ukrainians escaping from war are:

Support with Council Tax Payments: Support is available if residents are struggling to meet Council Tax payments. Visit SCDC Website: <https://www.scambs.gov.uk/council-tax/what-council-tax-discounts-and-support-can-i-get/> for details. South Cambridgeshire residents can also sign-up to receive their Council Tax bill online.

Homes for Ukraine: Ukraine Landlord Incentive scheme: In the scheme, landlords who provide properties in South Cambridgeshire to Homes for Ukraine guests and who are resident in South Cambridgeshire qualify for a financial incentive. Anyone who is interested in joining the scheme can find out more by emailing the team on HFULiaison@Scambs.gov.uk or calling them on 01954 713411.

Continuation of 'thank you' payments for Homes for Ukraine Sponsors: The payments will remain at £500 per month to reflect the ongoing generosity of hosts in supporting those who have fled the war.

And lastly, an **update on the SCDC 4-Day Week trial:** The trial continues to show positive outcomes recorded by The Bennett Institute, Cambridge University. In addition, SCDC are now providing the Government with the data required by them to assess the trial. Details of the data being gathered and copies of the correspondence from Government can be found at:

<https://www.scambs.gov.uk/your-council-and-democracy/four-day-working-week-trial>.

For more information about SCDC activity please contact me or look on the SCDC website. <https://www.scambs.gov.uk>

cllr.warren@councillor.online

+44(0)7990553997



Cllr Tom Bygott

Find your nearest pink bin to recycle electrical goods

Bright pink bins for electrical waste have resulted in nine times more e-waste being collected for recycling since being introduced last year. Over 49 tonnes of small electrical appliances have been collected for recycling in the pink bins – instead of it all ending up in the black bin.

The pink bins are suitable for most small electrical items which have a plug or battery – including phones, toys, kettles, toasters, and many more. Items which cannot be reused are then sent to specialist operators for recycling into new products.

Pink bin locations can be found by entering your postcode at www.recycleyourelectricals.org.uk. For example, locations listed near Longstanton for recycling electrical appliances, batteries and light bulbs include:

- Longstanton Co-op, CB24 3BT
- Bar Hill Tesco, CB23 8EL
- Willingham Co-op, CB24 5ES
- Cambourne Morrisons Car Park, CB23 6FY
- Girton Co-op, CB3 0LW

Failure of Cambridgeshire County's policy on weeds

Numerous residents have complained to me about how weeds have been getting out of control. For example, in Manor Farm Close, Oakington, weeds have destroyed the gutters along almost the entire length of the road. It turns out that the County Council had changed its policy on spraying weeds.

A petition with 1,797 signatures calling on the County Council's ruling rainbow alliance to reconsider its no-spray policy was presented to the County's meeting on 17th October. The petition stated:

"We the undersigned believe the state of the roads, paths and cycleways in Cambridgeshire are in a shocking state and unacceptable condition, due to this administration's change to the weeding policy. Active travel is discouraged due to the state of these roads, cycle ways and foot paths. Any assumed savings they thought the council would make will be eaten up by higher repair bills in the future. Roadside gulley's and drains will become blocked more often, this will undoubtedly increase the likelihood of flooding.

"The sight of rapid decay in our town and village centres is unacceptable, as well as the state of the highways between settlements, these all look more appropriate in a post apocalypse movie, than a first world country.

"A policy where common weeds will only be removed when they become injurious is ridiculous (i.e a trip hazard as an example). The new bureaucracy imposed, involved the public reporting those weeds, CCC tasking an inspector to examine those weeds (up to 14 days later) then to decide whether to instruct a contractor or not, is ludicrous in the extreme. We ask for immediate action to return to a pro-active weedkilling regime."

The Council then voted against a motion to return to a proactive weedkilling policy.

The current policy may have been well-intentioned; to foster biodiversity and reduce the amount of man-made chemicals used in the environment. However, our roads, pavements, gutters and footpaths are not built to be strong enough to withstand the out-of-control growth of weeds, which break through asphalt surfaces and shift concrete blocks as they grow. They need active maintenance in the form of proactive weed-spraying to protect them from damage. When this misguided policy has ended, it will cost residents an enormous amount to repair the damage caused, far more than the policy's projected savings of £125K per year.

cllr@bygott.net

07765 475 513

CAMBRIDGESHIRE COUNTY COUNCIL



Cllr Firouz Thompson

As winter draws to a close, I would still urge you to drive cautiously near the Northstowe Education Campus as building works continue for the extension of Secondary College and building the new Sixth Form College, Primary School and Nursery Building in time for academic year 2024/25.

Northstowe Education Campus – Nursery

A survey closed at the end of 2023 to seek views on the kind of nursery and pre-school services parents/ carers desire for their children, at the time of writing in December we had over 90 responses to the survey. The next action would be to go out to tender for a provider using the Council's Pseudo Dynamic Purchasing System, to see who would be interested in bidding for this opportunity.

Budget proposals

County wide consultation began on the council's proposals for its 2024/5 budget, in what is being called 'the toughest year to set a balanced council budget'. An online public survey has been launched and was open until 16 January. The Strategy, Resources & Performance Committee will make a final budget recommendation at its meeting on 30 January for Full Council to debate on 13 February.

Potential savings have been identified to help bridge the funding gap, these include

- Moving to LED streetlights (£1M in energy savings each year)
- Rationalising office accommodation (£1.5M in the next three years)
- Reviewing the highest cost children's placement costs, and home to school transport routes (more than £2M)
- Driving down the amount of bad debt (£0.5M)
- Reviewing income from permits and parking charges (Just under £1M)

Quality of life survey shows mixed picture

As part of our vision to make Cambridgeshire greener, fairer and more caring, we launched our annual countywide quality of life survey last year. Read our Strategic Framework document to find out more about the seven ambitions we have developed to achieve our vision: <http://tinyurl.com/2d7vnb8>

I reported in my last column, the summary for the county, we can now drill down to South Cambridgeshire as District wide reports were provided in December 2023: <http://tinyurl.com/yc5sum65>

Some top line summaries below:

- Highest mean happiness out of all the districts (7.43 v 7.25)
- 86% concerned by Cost-of-Living increases (average 86%)
- 82% concerned by climate change (average 76%)
- 48% concerned by investment and jobs (average 52%)

Are residents happy and healthy?

- 64% see family and friends as often as they would like (average 64%)
- 32% have struggled with their mental health in the last year (average 37%)
- 31% of parents say their child has experienced mental health problems this year (30%)
- 75% of parents feel their child has good relationships with their peers (average 69%)
- 22% often feel lonely (average 29%)

Views on their local community South Cambridgeshire

- 86% agree people from different backgrounds get on well together (average 80%)
- 89% feel safe (average 84%)
- 80% feel like they belong (average 75%)
- 77% know where to go to find out how to get involved e.g. volunteering (average 73%)

Contact: firouz.thompson@cambridgeshire.gov.uk

County Councillor for Longstanton, Northstowe, Over, Oakington & Westwick <https://www.facebook.com/longstantonoakingtonnorthstowe>

PARLIAMENT



Anthony Browne MP

It is a pleasure to write for the Northstowe news. Northstowe has taken up much of my time as a Member of Parliament and with good reason. That is why I am hosting a drop-in session at the community centre on the **2nd March** from 10AM to 11.30 AM to hear more from the people of Northstowe about their views on its future!

It is imperative that Northstowe gets the facilities it needs and deserves as soon as possible. Communities need spaces to grow and people need meeting places for community spirit to be fostered. I know that the priority for many in Northstowe is a GP surgery. I have spoken to Government Ministers and with local health officials on this issue.

In recent weeks, I have met with the Longstanton and District Heritage Society following the decision of the County Council to axe the heritage centre and events space. I appreciate that the situation is complex following the demise of the contractor involved but I am concerned that it is the people of Northstowe who will suffer through no fault of their own. I am in discussions with Homes England, the County Council and National Highways in order to find a solution and to explore alternatives. I have also asked the Council to explain how this situation arose and how much money has been lost.

In happier news, I was very glad to see the completion of the Sports Pavilion. I hope that this represents the beginning of a new era of valuable public spaces in Northstowe and it is the first of many.

I have previously visited the Kingfisher pond with officials from the Environment Agency as well as community leaders from Northstowe and Longstanton. I know that the scale of abstraction has had a detrimental impact on the topsoil and on nature more generally in the locality.

I therefore fully understand that there may have been considerable concerns in Northstowe when Cambridge 2040 plans were announced not just with regard to water but also around access to transport and to the sparse resources that are already a struggle for those in Northstowe.

I can assure you that since plans were announced I have been meeting with officials and Government Ministers to stress the importance of resolving water issues before any construction begins. I have also been advocating for a study for a mass transit system in Cambridge, such as the Cambridge Connect light rail proposal. I was therefore pleased that Michael Gove mentioned the proposal on his recent visit. More broadly, I have been clear with the Government that local people must be consulted fully on these plans and that includes the people of Northstowe.

anthony.browne.mp@parliament.uk

COMMUNITY DEVELOPMENT OFFICERS

Mihaela Stan and Michele Eidevik-Skinner

Northstowe Community Forums 2024

Residents should have received a flyer with the dates of the Northstowe Community Forums for 2024. The dates are as follows: 24 January, 8 May, 11 September, 4 December. All forums will take place at The Cabin and will start with a drop-in session from 6:30pm and presentations at 7pm. Agendas are usually advertised the week before and questions can be asked on the night by attendees as well as submitted in advance to:

northstowe.community@scambs.gov.uk



Christmas Traditions from around the Globe

As part of the Cultural Exchange Café, the CDOs organised a Christmas Traditions evening on Thursday 7 December during the Community Lounge. There was a quiz about Christmas traditions from around the world, which was enjoyed by everyone.

International Mother Language Day

The CDOs will support Northstowe Hub with the Mother Language Day on Saturday 24 February at The Cabin from 2:30-5:30pm. This is a free event where all are welcome to come and learn some phrases in some of the languages spoken in Northstowe. This is to celebrate International Mother Language Day, which falls on 21st February each year.

Social Walking Group

The CDOs have been supporting the walking group, please look out for future dates on the Northstowe Community Facebook page (for the benefit of new residents, this is a page managed by the CDOs).

SMART JOURNEYS

Mobilityways in Northstowe

smart journeys will be introducing the Mobilityways (Liftshare) car sharing scheme in the community soon! The aim is to promote change in travel behaviours, encourage sustainable commutes, reduce single-occupancy car use, therefore improving local air quality, to support in creating a stronger, greener community. A shared journey is twice as efficient and half as expensive as driving alone, with substantial CO₂ emission savings contributing to net-zero goals. More information about this scheme and how to join will be released soon.



E-Bike Confidence Training Session – Saturday, 18th November 2023

smart journeys hosted the well-attended E-Bike Confidence Training session on Saturday, 18th November at Longstanton Park & Ride. The course was delivered by Spoke & Motors, an e-bike specialist shop based in Ely. It was an opportunity for riders of all abilities, regardless of previous experience to get familiarised with e-bikes and learn how to ride them. This also included a tour allowing participants to experience the safe and accessible bike routes in the area. We were also thrilled to have Cllr Firouz Thompson brave the weather and join in the fun too, plus try out some of the high-end quality e-bikes on offer. Sharon Forbes, the Sustainable Travel Planning Manager for smart journeys, and event organiser said, "The session was extremely well received and I was encouraged to witness the positive impact it had on participants and their wellbeing. We endeavour to introduce another session in Spring/Summer 2024. So, watch this space!"



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HOMES ENGLAND

From community celebrations to enhancing education: a year in review in Northstowe

2023 has been an exciting year in Northstowe's journey, with the development of the emerging town taking significant steps forward and its resident community continuing to thrive.

Working alongside a range of partners, Homes England, which is responsible for delivering phases two and three at Northstowe as master developer, has completed several projects and supported various initiatives throughout the year.

Here, we've looked at some of the highlights of the last 12 months in Northstowe!

Helping more people to find a home in Northstowe

Homes England selected Keepmoat Homes as the development partner to deliver part of the second phase of Northstowe.

In the first half of the year, we saw Keepmoat [kickstart the construction of 300 homes](#), a play park and a commercial unit at Stirling Fields. The development offers a range of housing options, enabling more residents to join the vibrant and growing population of Northstowe. The works have made significant progress on site this year and Stirling Fields has welcomed its first residents – keep your eyes peeled for more on this soon!

Creating places for the community to thrive

It's been fantastic to see more and more community activities taking place and so many community, culture, and faith groups continuing to spring up across Northstowe.

Following planning approval and the [delivery of the modular building](#) earlier in the year, September saw residents [celebrate the opening of the Temporary Community Centre](#), now named 'The Cabin'.

The building is located next to The Green and provides space for friends, families, and community groups to meet and host events. It also features a community garden, NHS rooms to host local health services and office space used by Community Development Officers and Northstowe Town Council.

A community landmark, The Cabin is also home to '[A Symbol for Northstowe](#)', a captivating new sculpture which blends elements of the town's past, present, and future. Local Willingham artist, Chloe Leaper, created the piece with the local community through the [Northstowe Heritage Art Project](#), which was managed by Northstowe Arts. The project was made possible by funding from the National Lottery Heritage Fund, Homes England, Cambridgeshire County Council and Northstowe Foodies, and by working alongside project partners Longstanton & District Heritage Society, Homes England, Cambridgeshire County Council and South Cambridgeshire District Council.

Being active becomes easier

[Wellbeing and sustainability](#) are at the heart of Northstowe's development, with the emerging town surrounded by countryside and green spaces firmly embedded into its design. There are already over 15km of walking and cycling routes in Northstowe, supporting residents and visitors to lead active lifestyles and enjoy the great outdoors.

[Northstowe Running Festival](#) is always an annual highlight for the town and makes the most of some of these routes. Members of the Homes England team took part in September's event and enjoyed meeting local residents and attendees. This year's festival was a great success and raised over £8,000 for various charities.

More recently, we saw the [completion of the Western Park Sports Pavilion](#), set to offer great new leisure facilities to the community. Provided by South Cambridgeshire District Council, the pavilion will serve the Western Park sports pitches, bowling green, and hard surface games area and provide facilities from team and referee changing to a cafe.

Enabling access to the emerging town

September saw a series of major milestones, highlighted by the [opening of the new access road](#), Wilson's Bridge, and associated bridleways, footways and cycleways. The road links the emerging town to Bar Hill, Cambridge, and beyond and provides quick, smooth, and safe access to Northstowe.



The opening of the new access road also enabled access to the Phase 2 water park, which includes scenic pedestrian and cycle routes around Unity Lake and Halcyon Mere. More details can be found [here](#).

Enhancing education for future generations

Education is at the heart of Northstowe's development; in fact, the very first building to be developed on the site was Pathfinder School.

Building on the existing education provision, this year saw construction work commence on a [major expansion of the Northstowe Learning Community](#). Following substantial land and financial contributions which have enabled two high-quality occupied schools in Northstowe, land and funding provided by Homes England, the government's housing and regeneration agency, is now helping to make way for expansion of the education campus around the first phase of Northstowe Secondary College.

Festive fun to finish the year

In recent weeks, it's been great to see the town [glitter in all its festive glory](#).

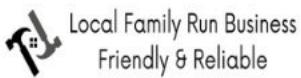
Kickstarting the season, Homes England co-sponsored the town Christmas tree, and the Christmas light switch-on event was a great success which attracted over 400 attendees. The celebration lit up the town before a [living advent calendar](#) brought Northstowe to life with a new festive scene each day. Throughout December, residents also spread the winter cheer with Christmas-themed activities and craft workshops galore including '[Light Up Longest Night](#)' by Northstowe Arts.



The future looks merry and bright

It's safe to say that it was an exciting year for Northstowe, but looking ahead, there's plenty more to be cheery about. With [plans](#) now approved for a permanent community centre, the opening of the Western Park Sports Pavilion, and much more in the works, we're looking forward to what 2024 will bring.

All that's left is to wish friends of Northstowe's past, present, and future a very happy new year!



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HERITAGE SOCIETY UPDATE: February - March 2024

WHAT NEXT AFTER 2024?

Following the County Council decision to terminate the Heritage Annex project, members of the Committee have been lobbying extensively and holding meetings to try to ensure that Homes England meet their Phase 2 Section 106 commitment for the display and storage of the LDHS Archives. Over the last couple of months we have directly received support for the LDHS Archives and our work from the President of 7 Squadron Association, the Chair of Homes England and others.

Following our meeting with Anthony Browne MP, Anthony contacted the Leader of the County Council and Peter Freeman, the Chair of Homes England asking for clarification as to how the LDHS Archives can be safeguarded within the new town.

The gist of the responses is that various partners are looking into ways of ensuring the future of the LDHS Archives. Sadly, time is not on the side of the Heritage Society and having waited for the delivery of the Heritage Annex for many years, we simply do not have the ability to wait another 5+ years, on the off chance that a legally binding planning obligation will be delivered. Recent attempts to dismiss this obligation in favour of other priorities does not instil confidence that Homes England will be made to meet this obligation; but this should not be up for negotiation. A *planning obligation* is just that and SCDC planning authority should instruct Homes England to urgently deliver the display and storage of the LDHS Archives.

Over the years the LDHS Committee has had a goal in sight and worked in good faith with others to deliver what we considered to be a shared vision. With the collapse of the Heritage Annex project we now have nothing! No plan, no time-line and no means to deliver a successful outcome for the residents of Northstowe town and the surrounding villages. No organisation can work without a plan for the future and the Heritage Society is no exception. For the LDHS Archives to have a future within Northstowe, we need direct support from Northstowe Town Council to make it happen. We have constitutional obligations within which we have to work, so handing over this unique and precious historical collection to another non-professional / untrained organisation is not an option. Safeguarding the LDHS Archives for future generations is key to any decisions made by the Heritage Society, as is the need for future ownership and management of the archives to reflect the shared nature of the heritage of Northstowe, Longstanton and Oakington. The Heritage Society has put forward the suggestion that there should be a charitable Heritage Trust set up, with Trustees coming from the three Councils, LDHS and other local heritage stakeholders and organisations. The Heritage Society cannot make the next step in this project happen - it is up to others to

take the lead and help this heritage project progress to the next level. Investigating the feasibility of a charitable Heritage Trust is something we would like the Town Council to do this year, in discussion with Longstanton Parish Council, LDHS and others.

We would like to thank Cllr. Tom Bygott and Anthony Browne MP for their support and we look forward to hearing about progress in this matter. There will be no LDHS Archive available to include in Northstowe's library or Civic Hub if the future of the LDHS Archives is not resolved urgently, with the Heritage Society included in whatever conversations and planning meetings are currently taking place. Only we know the value of the LDHS Archives and what is needed to ensure their long-term preservation and display within Northstowe Phase 2.

LDHS ARCHIVES - AN EDUCATIONAL ASSET FOR OUR CHILDREN!

The Heritage Society was delighted to assist the children of the 1st Northstowe Cubs in obtaining their local knowledge badge. This is exactly what the LDHS Archives can offer the children of Northstowe and the

surrounding villages. This followed the support we gave to recent Northstowe community events and the Northstowe Sculpture Project. Below is the response we received following our support of the Northstowe Cubs. The LDHS Archives have so much to offer if only we can safeguard their long-term future. Please help us to do this if you can because time is running out!

Hilary Stroud



Hilary,

I just wanted to drop you a quick note to thank you and the LDHS for the support given to the 1st Northstowe Cubs in achieving their local knowledge badge. The images you provide from the archive were brilliant and really gave the young people an insight to the history of the place they live that they wouldn't have had otherwise.

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Sports, Health and Wellbeing

PREGNANCY YOGA: A HOLISTIC PATH TO PARENTHOOD

Pregnancy signifies a profound life transition, and for those navigating this transformative journey, Pregnancy Yoga emerges as a comforting ally. This unique class extends beyond traditional yoga, tailoring its approach to the distinctive needs of this stage.

Commencing with casual introductions and the opportunity to learn about others' experiences, the class fosters a sense of community among participants. This engagement transcends the conventional yoga setting, creating a supportive space where shared experiences build friendship.

Breathing techniques, specifically tailored for the birthing process, are regularly practised. The focus on breath benefits the individual's mental well-being and ensures optimal oxygenation for both parent and baby during labour, as well as being at the core of coping with the intensity.

The yoga segment is thoughtfully curated to be adaptable to the pregnant body. Gentle stretches and strengthening exercises address common discomforts like back pain, promoting flexibility and preparing the body for the upcoming birthing process. Any health issues will be considered and modifications offered as needed.

Deep relaxation will then take centre stage, enriched by the inclusion of Hypnobirthing scripts. These guided visualisations and relaxation techniques provide mental respite, equipping individuals with tools to navigate the intensity of labour. This holistic approach extends beyond physical well-being, nurturing mental and emotional health.

The class discussions delve into a range of pregnancy-related topics, for example posture, baby's position, decision-making, hormones in labour and birth, safe sleep, and babywearing. These conversations offer practical insights, empowering participants with knowledge about various aspects of the journey, from labour considerations to parenting practices.

In essence, Pregnancy Yoga stands as a holistic and supportive practice, embracing the physical, mental, and emotional aspects of pregnancy and impending parenthood. As individuals embark on this transformative journey, the benefits of community, mindful breathing tailored for birth, adapted yoga, deep relaxation, and learning from others' experiences make Pregnancy Yoga a steadfast companion on the path to parenthood.

Cristina Freniche

Pregnancy Yoga Teacher and owner at My Yoga Corner, Northstowe



OWLS COMMUNITY CAR SCHEME

OWLS (Over, Willingham, Longstanton and Swavesey) Community Car Scheme has been providing journeys for a small number of Northstowe residents who are unable to access other means of transport for necessary journeys. Until Northstowe can run and support its own Community Car Scheme, OWLS is happy to help out when there are available drivers to do so. However, we urgently need more drivers.

Are you recently retired or about to start retirement or perhaps you work part-time? Drivers do not have to commit to regular days/times but being able to do one journey a week is really helpful.

Drivers use their own cars and receive 45p a mile in total. A DBS (free) check is required and additional insurance cover is provided by Cambridgeshire and Peterborough Combined Authority.

Can you help maintain this valuable Community Service?

PLEASE ring the scheme's mobile number: 07505 254363 for an informal chat, without commitment.

Cambridge City foodbank

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: there is one open each weekend. This includes the Northstowe centre (in the new Northstowe Community Centre: The Cabin)

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
Contacts include Revd Beth Cope
and Revd Stephen Dove of Pathfinder Church Northstowe
07720 330 272 contact@northstowe.church

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A&E IS NOT AN ALTERNATIVE TO A GP APPOINTMENT. IF WE ARE CLOSED, PLEASE CALL 111

EASTER 2024 – OPENING HOURS

Please note the surgery will be CLOSED for the long Easter weekend including the bank holidays on Friday 29th March and Monday 1st April.

Please plan ahead and make sure you have enough medication. The last date for ordering repeat prescriptions in time for the long weekend is **Monday 25th March**. The last date for collection is **Thursday 28th March**, by 1pm at Longstanton Surgery and 6pm at Willingham.

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

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

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

A HEALTHY 2024 WITH HEALTHY YOU

As we have once again welcomed a new year, many of us will have started 2024 with resolutions and good intentions to make positive changes to our lives. To help you with your journey, **HEALTHY YOU** is a great starting point.

Healthy You is a free service for Cambridgeshire and Peterborough residents who are looking to make changes to their lifestyle. Commissioned and funded by Cambridgeshire County Council and Peterborough City Council, they are here to help with every aspect of your health, fitness and wellbeing, with all their **FREE** programmes proven to have long term benefits.

So, whether you want help to stop smoking, lead a more active lifestyle, lose some weight, or simply take advantage of the NHS Health Checks they offer, Healthy You can help you.

Their services are usually delivered face to face in community venues however, due COVID-19, they are currently operating a flexible service that offers virtual or telephone based appointments to provide support in line with current recommendations.

For more details of their range of **FREE** services, helpful resources and lots of useful information please visit **www.healthyyou.org.uk** or telephone **0333 005 0093**

ONLINE CONSULTATIONS USING PATIENT TRIAGE

This is a great way for you to contact our practice for non-urgent medical or admin requests. You can request results, sick notes, medical advice and order repeat prescriptions. It is a very simple form to fill in online and submit straight to the GP. You can access the new patient form via the NHS app or from our website, where the link is available on our home page. 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.

Although the character count is limited on the form, please try to give as much specific and concise information as possible. Also, please bear in mind that, so as not to overwhelm the GP, there is a daily cap so we would ask that you only send one request per patient per day.

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.

PRIVATE WORK

The practice is not able to provide fit to race statements for sporting events as the GPs are not qualified sports medicine doctors and not indemnified to provide these. If you need this please contact a private GP with expertise in this area or a sports medicine doctor.

GPs will complete insurance documents, however they are not covered under the NHS contract. As a result, the GP needs to prioritise their clinical work and therefore these types of requests may take a while so please allow a minimum of 28 days and be aware that charges may apply.

THANK YOU

The Partners and Staff would like to send a huge thank you to the family of the late John Bevan for the very kind donation that was made for the Practice Equipment fund. It is very kind of patients and their families to think of the Practice and we are sincerely grateful. This money allows us to update equipment for the Surgery for the benefit of all patients, so once again we send our thanks for supporting us.

INTRODUCING ALAINE BUNCE, OUR SOCIAL PRESCRIBER

What does a Social Prescriber do? Well, social prescribing enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services to support their health and wellbeing.

It is designed to support people with a wide range of social, emotional or practical needs, including focusing on improving mental health and physical wellbeing. This can range from advising people about unclaimed benefits, helping them complete forms, referring people to statutory services such as Social Care, Home Improvement Agencies and Occupational Therapists to advising what support is available in the voluntary and community sector, including social support groups, exercise groups and specialist organisations such as AgeUK, Mind, CAB and Trussell Trust. This can also include helping people back to work, into volunteering, introduce them to arts activities and healthy eating advice.

People who could benefit from social prescribing schemes include people with mild or long-term mental health problems, people who are socially isolated and those with multiple long-term conditions who frequently attend either primary or secondary health care.

Social Prescribers are employed to give time to people to focus on 'what matters to me' and using local knowledge, signpost people to services which will provide more dedicated advice and support. It is not long term support but is designed to work with people over several sessions to help them achieve their goals and social outcomes that impact positively on health and wellbeing. On occasion this can mean acting as a short-term advocate to assist with a time-limited issue or helping someone join, for example, a befriending group, an art class or community gardening project, based on what works for them.

If you think that Alaine may be able to help you, or someone you know, then contact the surgery to let us know.

CARERS MEETING

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meetings on **Wednesday 7th February and Wednesday 6th March** at Willingham Surgery, where we will be holding a drop in session **between 2pm and 4pm**. Please come along and get some support from other people in the local community. Refreshments are provided, no need to pre-book and completely **FREE!** Meetings are held on the first Wednesday of every month and for more information please contact susan.lawson7@nhs.net

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ENGLAND

An update from Fen Drayton Lakes



Starlings over Elney Lake – Gill Parrish

During the winter months, one of the UK's best wildlife spectacles starts to take place at sunset around the country. Starlings are probably one of our most beautiful birds with their white-flecked, iridescent black feathers showing lustrous greens and purples as they move in the light, but they often seem to be overlooked as they hang around in towns and cities throughout the spring and summer making a lot of noise and feeding their plain brown fledglings. Come the autumn, birds from mainland Europe head over to the UK in their thousands (varying from year to year depending on weather conditions) to spend the winter here in our milder climates. As the afternoon wanes and the sun sinks in the sky, small family groups start to gather at roost sites to form larger and larger flocks, sometimes reaching hundreds-of-thousands of individuals, forming an aerial display known as a murmuration.

Whilst other bird species form huge flocks (such as Knot which gather in tens-of-thousands around the coast in places such as The Wash), none of them are quite as impressive as the Starling murmuration. As sunset approaches, groups of all different sizes, from tens to hundreds, start to fly towards the roosting site from miles around. With the light dimming, more and more groups join the flock as it drifts around overhead. The exact mechanisms of Starling behaviour in the murmuration are not fully understood, but it seems that each bird in the flock follows the general heading of its nearest neighbours, steering towards its neighbour's position and avoids getting too close to crowd it and hinder flight. With these behaviours the flock moves like a single organism through the sky, stretching out into a long line before folding back into a ball, rising-up and diving back down, wheeling around and eventually spiralling down to land in the heart of the reedbed roost site in a truly mesmerising display.

Here at Fen Drayton Lakes, we are lucky to get Starlings coming to roost in our reedbeds on Holywell and Elney Lakes. Some years we only get sporadic groups of a few hundred, this winter has been the best for quite some time with estimates of around twenty thousand, maybe more. With this many Starlings flying around, Sparrowhawks, top aerial predators specialising in hunting other birds, are drawn in too and can be seen flying in to fracture the murmuration, making it easier to snag a meal.

Wednesday Wander

Ever thought you'd like to know more about the reserve and its wildlife? Volunteer-led guided walks take place once a month, usually on the second Wednesday. To see details and book, please visit:

events.rspb.org.uk/fendraytonlakes

Email: fendraytonlakes@rspb.org.uk

Phone: 01954 233260

Visit [rspb.org.uk/days-out/reserves/fen-drayton-lakes](http://www.rspb.org.uk/days-out/reserves/fen-drayton-lakes)

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

NORTHSTOWE HUB

Café

OPEN

Wednesday
9am-12:30pm
3:30-5pm

Sunday
10am-2pm

Meet with others

Explore the micro library

Make new friends

Take your time and relax

Thanks to Northstowe Kickstart Fund and Northstowe Foodies we now have a coffee machine serving all your favourite coffees* plus hot chocolate, tea, milkshakes and more!

*Coffee now also available for self service outside café hours

Find us in the foyer of The Cabin, 1 The Green, Northstowe

**The Community Pantry is open
at The Cabin, Northstowe!**

Pop down to The Cabin every Tuesday, Wednesday, Thursday and Sunday to pick up surplus food donated by the Co-op.

Surplus food is also available via the Olio app. Olio is a free sharing app where you can share unwanted food or household items with local people

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What's On In Northstowe

MULTIPLE DAYS

Meet the Community Officers

Come to meet our council Community Development Officers, drop-in any time between 9:30am–4:40pm on Tuesdays–Thursdays, or to make an appointment email northstowe.community@scamps.gov.uk

Midwife and Community Health Services

Services available in the Cabin at various times all week, by appointment only

Food Trucks

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

MONDAYS

Tang Soo Do (£)

Family-friendly martial arts club. Classes for children ages 6-14, at 4:30pm in the Cabin. Email enquiries@Northstowetsd.co.uk

Beavers

Beaver Scouts aged 6-8 Years will get a chance to try a wide range of different activities. 17:45 - 18:45 at NSC. Email info@1stnorthstowescouts.org.uk

Over Power (£)

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

Cubs

Excitement and adventure for Cub Scouts aged 8 to 10%, be creative and get involved in your local community. 19:00 - 20:15 at NSC. Email info@1stnorthstowescouts.org.uk

Football (£)

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

Tai-Chi (£)

Weekly relaxation and inner peace. 19:30 at the PFPS. To book please email malcolmsavannah23@gmail.com

Social Run

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

Book Club

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

Northstowe Jets Basketball (£)

Ball handling, shooting, positioning, attacking, defending, fitness. All skill levels welcome. 20:30-21:30 at NSC. northstowebasketball@gmail.com

TUESDAYS

Micro Library

Drop in at the Cabin any time 9:30-4pm, borrow a book or grab a drink from the hub café coffee machine

Postnatal Yoga with Baby (£)

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

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. 11:45am at Longstanton Village Hall. myyogacorner.uk

Stay and Play Group

Weekly play-based activities for families with children age 10 months or walking. 10-11:30am in the Cabin. Phone 01954 284 672 to book.

Baby Group

Weekly play-based activities for families with babies up to year or crawling. 1 - 2:30 pm in the Cabin. Phone 01954 284 672 to book.

Huntingdon and Northstowe Hockey Club (£)

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

Fastbreak Basketball (£)

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

Northstowe Board Games

Join us to play modern-style strategy and tabletop games, anything from Alhambra to Ziemlich Zügig! 3rd Tuesday each month in the Cabin, other weeks at 21 Heron Road, CB24 1AS. Starts 7:30pm. northstowe.gamers@thecolliers.uk

WEDNESDAYS

Northstowe Hub Café

Make new friends – Take your time and relax – Meet with others. Open 9am-12:30pm and 3:30-5pm in the foyer at the Cabin.

Baby Group

Feeding and weaning, Slings and carriers, Cloth nappies and pottying, or just come along even if you don't need any specific support! 9am - 10:30 alongside the Northstowe Hub Café in the Cabin. myyogacorner.uk

Little Stars (£)

Preschool ballet and dance with Stardust Dance Academy, 10am-11:15 in the Cabin. Book at www.stardustdanceacademy.com

Youth Drop In at Northstowe Hub Café

Youthwork run by Romsey Mill and Northstowe Youth Hive for school years 7-9. 3:30-5pm termtime. Free snacks, or add low cost treats from the café.

Rainbows

For girls aged 4-7. 5:15-6:15 in the Cabin.

Longstanton and Northstowe Limpers

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

Dance Fit (£)

Adult class with Stardust Dance Academy. 7:30-8:30pm in the Cabin. Book at www.stardustdanceacademy.com

Guides (Girlguiding) (£)

A group for girls aged 10 to 14 to explore the things they love and do stuff they've never done before. Activities, crafts, games and more. 18:45-20:15 at NSC. guiding@thehays.net

Over Power (£)

(See Monday's entry for details)

PFPS playground, 6pm & 7pm

THURSDAYS

Little Explorers

Time for you, your child, and God.
Breakfast from 9:15, main session 9:45-10:45am in PFPS www.northstowe.church/little-explorers

Micro Library

Drop in at the Cabin any time 9:30-4pm, borrow a book or grab a drink from the hub café coffee machine

Baby Massage 5 week course (£)

(See Tuesday's entry for details)
10:30am at Longstanton Village Hall.

Gymnastics (£)

Preschool gymnastics with Stardust Dance Academy. Book at www.stardustdanceacademy.com

Tang Soo Do (£)

(See Monday's entry for details)

4:30pm in the Cabin.

Northstowe Community Lounge

Socialise with neighbours and have access to free Wi-Fi, hot drinks and refreshments. 6-8pm every Thursday at the Cabin. Free for everyone. We're planning well-being sessions, language classes, games night and more activities. www.northstowntowncouncil.gov.uk

Sustainable Northstowe

Making Northstowe a green, clean, biodiverse and interconnected place for current and future residents. 3rd Thursday of the month, 7pm in the Cabin. For more info see facebook.com/sustainablenorthstowe or email sustainable.northstowe@outlook.com

Pregnancy Yoga (£)

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

Northstowe Cricket Club

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

Fastbreak Basketball (£)

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

Over Power (£)

(See Monday's entry for details)

PFPS playground, 6pm and 7pm.

Scouts

For ages 10½ to 14. Build and develop young people's confidence, sense of adventure and outdoor skills. 19:15-20:30 at NSC. Email info@1stnorthstowescouts.org.uk

Northstowe's Compline (Night Prayer)

Stop, Breathe, Pray. Alternate Thursdays 8-9pm. www.northstowe.church/pray

FRIDAYS

Acrobatics and Dance

Pre-school class with Studio Fogg Dance. 9:45-10:45 in the Cabin. Book at studiofogg.co.uk

Postnatal Yoga with Baby (£)

(See Tuesday's entry for details)
11:30am at Longstanton Village Hall.

Mobile Library

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

Arts Club (£)

Children's activity with Artastic Kids Club. 4-5pm in the Cabin, book at www.gorgeouslittlethingsuk.com

Sewing and Design (£)

Children's activity with Artastic Kids Club. 5-7pm in the Cabin, book at www.gorgeouslittlethingsuk.com

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 colinhappyido@gmail.com

SATURDAYS

ShapeXchange Functional Fitness Classes (£)

Fitness for real life - 45 minute classes to build your strength, stamina, balance and flexibility. 8am in the Cabin every Saturday morning. Find out more and book now at www.shapexchange.co.uk/classes

ParkPlay @ Western Park, Northstowe

FREE Healthy outdoor fun with games for everyone. Join us every Saturday @ 9:30am to 11:30am. Please register: <https://park-play.com/register/>

My Yoga Corner Workshops (£)

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

Catholic Mass

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

Open Mic

Enjoy listening to some local musicians live, or bring your own act! 6pm-9:30pm (every other week) in the Cabin.

SUNDAYS

Sustainable Sundays

Information stands, swap events and popup Refill Station with zero plastic waste. 4th Sunday of the month, on The Green.
See facebook.com/sustainablenorthstowe or email sustainable.northstowe@outlook.com

Northstowe Weekly Market

by Northstowe Town Council. Wide variety of food and non-food stalls including local businesses. 10am-2pm weekly – large indoor market (The Cabin) 4th Sunday each month; all other weeks indoors and outdoors (The Cabin and The Green) www.northstowntowncouncil.gov.uk

Northstowe Hub Café

Drop in for a chat, use the micro library and have a drink! 10am-2pm in the Cabin

Emmanuel Church Northstowe

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

Pathfinder Church Northstowe

Praying, exploring, and sharing. Main intergenerational Sunday Gatherings/Wild Church 3.30-5pm. Normally PFPS, check www.northstowe.church (Church of England and Baptist, with an inclusive ecumenical welcome)

Ignite Youth Group

Youth group from Emmanuel Church Northstowe for anybody ages 11-14. 5pm alternate Sundays in the Cabin. Email ignite.ecn@gmail.com or check emmanuelchurchnorthstowe.org

KEEP US UPDATED PLEASE!

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

LOCATION ABBREVIATIONS

Cabin

The Cabin, 1 The Green, CB24 1FD

NSC

Northstowe Secondary College, CB24 1DJ

PFPS

Pathfinder Primary School, CB24 1AA

MOTHER LANGUAGE DAY CELEBRATION



WHERE?

Assembly Room 1
The Cabin
The Green
Northstowe

WHEN?

Saturday
24th February
From 3-5pm

Come and celebrate our diversity.

Learn a few words in a new language.

Celebrate the different cultures represented in our community.

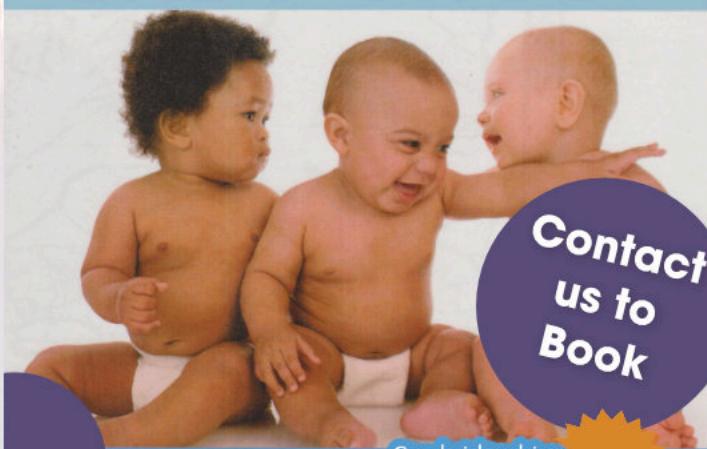
Find out more: www.northstowehub.org

WANT TO
HELP?

Would you like to contribute to this celebration of our diversity and teach neighbours a few words?
Just e-mail [graeme@northstowehub.org!](mailto:graeme@northstowehub.org)



BABY GROUP



Contact
us to
Book

Tuesdays 1pm

Northstowe
Temporary
Community Centre

1, The Green,
CB24 1FD

TELEPHONE: 01954 284 672

CHILDANDFAMILYCENTRE.SOUTH@CAMBRIDGESHIRE.GOV.UK

Cambridgeshire
**Child and Family
Centres**

- For families with babies up to a year or crawling
- Weekly play-based activities and themes
- Learn about your baby's development and enjoy time together
- Meet other parents

Youth Drop in

Open Wednesdays
during school term
4-5:30pm

A SPACE TO
HANG OUT WITH
FRIENDS

FREE SQUASH AND
TOASTIES

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FROM THE
NORTHSTOWE HUB
CAFÉ

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ACTIVITIES & BOARD
GAMES

THE CABIN,
PATHFINDER WAY
NORTHSTOWE
CB24

4-5:30PM
FOR SCHOOL
YEARS 7-9

ALL ARE WELCOME!

Get in touch for more info
emma.whitbread@romseymill.org
[@Northstowe_youth on Instagram](https://www.instagram.com/Northstowe_youth)

ROMSEY MILL



NORTH
STOWE
YOUTH

Northstowe Community Forum

Find out about ongoing development in Northstowe



Wednesday 8 May

Drop in: 6:30pm | Forum: 7pm
The Cabin,
1 The Green, Pathfinder Way, CB24 1FD



South Cambridgeshire
District Council

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

The venue is accessible.

↗ www.scambs.gov.uk/northstowe-forum

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

✉ northstowe.community@scambs.gov.uk

Lunar New Year 2024 Gathering in Northstowe 樂富是道居民歡聚大年初一

10 February 2024 (Saturday)

14:30-16:30

The Cabin

(Temporary Community Centre)

1 The Green , Pathfinder Way, Northstowe, CB24 1FD



*Traditional Snacks

*Chinese Calligraphy

*Chinese Paper Cutting

*Lantern Riddles

*Games



Emmanuel
CHURCH +
NORTHSTOWE

ParkPlay

park-play.com

Join ParkPlay

Make friends, have fun, get moving
- FREE every Saturday morning.

#MeetMovePlay



Northstowe-Longstanton ParkPlay

Come and meet Jolynn at Western Park
every Saturday from 9:30am

ParkPlay welcomes everyone, so turn up for games, activities, fun and a community here for you.

Register at park-play.com



NORTHSTOWE
TOWN COUNCIL

Longstanton
Parish Council

LIVING SPORT
INSPIRING ACTIVE LIFESTYLES



Youth Club FOR YEAR 9 - SIXTH FORM

Mondays during term time

6-7:30pm

The Cabin, Pathfinder Way, Northstowe
CB24 1FD



A space to meet with friends, play games, try new arts and crafts, chill out and relax, enjoy snacks and refreshments, have a chat and find support from youth workers.

All young people are welcome!

Have questions? Get in touch
Emma.whitbread@romseymill.org

**NORTHSTOWE
TOWN COUNCIL**

Join us every Thursday from 6 pm - 8pm

Games

- Table Tennis
- Table Football
- Free Refreshments
- Mini Pool
- Mahjong
- Chess

At the Community Lounge
The Cabin, Assembly Room 1
1 The Green, Pathfinder Way, Northstowe CB24 1FD

DELIVERED BY

CAMBRIDGESHIRE ACRE COMMUNITY ACTION

Little Explorers, alongside Pathfinder Church Northstowe, is part of the Northstowe Church Network, an ecumenical partnership of the Baptist Union, United Reformed Church, and Church of England

www.northstowe.church/little-explorers
contact@northstowe.church

For babies, Pre-schoolers, and their Parents or carers.

Little Explorers

Time for you, your child, and God

Thursday Mornings at The Pathfinder CofE Primary School
9.15am: free-flow & breakfast
9.45-10.45am: main session

Lute Songs

Charles Daniels and Elizabeth Kenny



*Friday 2 February
Northstowe Secondary College
7.30 pm*



The first concert in Northstowe!

Come and hear beautiful music from the Elizabethan period, sensitively performed by two musicians who are both stars of the early music scene.

*Tickets £15 from:
<https://www.eventbrite.co.uk/e/lute-songs-with-charles-daniels-and-elizabeth-kenny-tickets-771626625007?aff=odddtcreator>*

Emmanuel

CHURCH
NORTHSTOWE

Why read the Bible?

At Emmanuel Church, a large chunk of each Sunday gathering is spent reading and thinking about a Bible passage. One of our values is that *we enjoy Jesus' grace and truth by trusting the Bible as God's word to us.*

That might seem strange. But let me share some of the struggles we as human beings face, so we can see why the Bible is worth reading. 1) We want to know the truth about reality, but we can't figure it out. Some questions are too big- where did everything come from? Other questions are too personal- do I really matter? And all too often we ask the question of government, businesses, schools and media: "Can I trust what they say?"

2) I want to live well, but I'm not sure what my goals should be, and I don't know how to achieve my goals. My social media feed is full of influencers selling their wisdom and solutions. But how should I live well. Sometimes I'm overwhelmed by all the goals, and their advice doesn't seem to work for me.

The Bible claims to be God's word, written down by God appointed people over hundreds of years. "*All Scripture [the Bible] is God breathed,*" (2 Timothy 3:16). The unfolding story, with fulfilled prophecy and historical facts that can be checked, makes sense of the biggest realities.



1) God, who cannot lie, tells us reliable truth about the universe, and our place in it. The Bible, true because God spoke it, becomes a firm place to stand in a world of lies.

2) The Bible is also wisdom for living well. It contains the maker's instructions, to live in his world well. It tells us about our ultimate goal for eternity. And it tells us about the love and forgiveness God has for us when we fail.

If you're intrigued by the Bible, and especially if you have never seriously read and considered it as an adult, we'd love to help you dig into it for yourself.

a) You could visit us any Sunday gathering (10:30am Northstowe Secondary College) as we look at the Bible together.

b) You could read the Bible for yourself. Email contact@emmanuelchurchnorthstowe.org with your name and address and we'll post a gospel to you. If you want to explore the evidence for the Bible itself being reliable, we can post you a book exploring that evidence.

c) You could join a group exploring the Bible message about Jesus, with space to ask questions. We run these courses several times a year. Email contact@emmanuelchurchnorthstowe.org to register your interest for the next free course.



PATHFINDER CHURCH NORTHSTOWE

praying, exploring, and sharing

www.northstowe.church

THANK YOU to everyone who took part in this year's brilliant HEROS AND VILLIANS themed **Advent Windows**. We loved the creativity and imagination as Northstowe's schools, community groups, and households rose to the challenge!

The theme flowed into **Northstowe's Beer and Carols** as we wove readings, poetry and music to tell the Christmas Story. Huge thanks to the brass band (the Punting Players and friends), Northstowe Foodies, Northstowe Hub, and the readers from across the community as we united for this fantastic community partnership.

Our worshipping communities - **Pathfinder Church and Little Explorers** - also enjoyed weaving fun, laughter, music, candlelight, and poignant moments of wonder throughout the Christmas season. Highlights included the Little Explorers Christmas Party, Scratch Nativity, Christmas Midnight campfire communion, breakfast and celebrations on Christmas Day, and Epiphany celebrations.

You are welcome and invited to join our regular intergenerational Sunday Gatherings (3.30-5pm at The Pathfinder CofE Primary School) or our midweek events

Our next special community event is the Pancake Party: Sunday 11th Feb, 3.30pm

See our Easter Page for full details of Ash Wednesday, Palm Sunday, Holy Week, and Easter events
www.northstowe.church/Easter

Whatever your background, but especially if you have Baptist, URC or Anglican roots, now is the perfect time to join us in praying, exploring, and sharing, or for weddings, baptisms, and funerals. Get in touch with Revd Beth or Revd Stephen at contact@northstowe.church



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

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

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

The primary contact person is:

Rev'd Jenny Hill

Interim Leader of the 5folds team ministry

Serving in Longstanton, Over, Willingham and Swavesey.
 T: (01954) 203459 E: admin@5folds.org.uk



Catholic Church

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

Phone: (01223) 704640

Live streaming available.

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

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

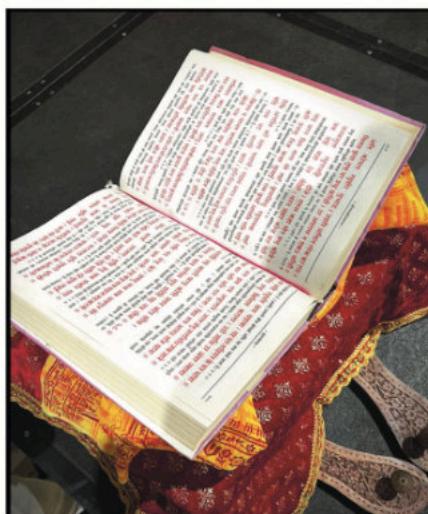
Please ring on above phone number for details of where this is being held.

Hindu Samaj Northstowe (HSN)

As we step into the first edition of the year, it's time to reflect on the incredible journey our Hindu community group had in 2023. Our town became a tapestry of colours, music, and traditions, weaving together the vibrant spirit of our rich culture.



From the spiritual serenity of **Shivratri** to the lively colours of **Holi**, we've revelled in the diversity of our traditions. The resonance of celebrations like **Ramnavmi** and **Saraswati Puja** brought us closer to our faith. **Rakshabandhan** brought us together for some local festivity, strengthening the bonds that make our community special.



Music and dance took centre stage at Sharad Utsav, infusing our community with an energy that resonated through every corner. The two week celebration of '**Diwali in Northstowe**' illuminated the hearts of our fellow residents, sharing the beauty of the Festival of Lights with warmth and joy.



Beyond festivities, we've been nurturing the minds of our '**Junior Sanatanis**' through educational classes, instilling pride in their roots, understanding their dharma and fostering a strong sense of community.



The 'Ramleela' team - Aurik, Aarav, Anvi, Shubha, Eyva, Arnav, Radha, Sucharita, Dhruv, Achintya, Tulsi, Miraya, Dhruva, Niharika, Dhanvika, Naisha, Naisha, Anaaya, Akira, Samartha, Arjun, Aryan, Shreyan, Aditya and Arjun (left to right).

Throughout the year, our little stars showcased their talents in various traditional music and dance performances at different occasions. A standout moment was our inaugural 'Ramleela,' where these young performers, filled with enthusiasm, beautifully brought to life the timeless story of Ram and Sita from the Ramayana.

A heartfelt thank you to everyone who joined our 2023 celebrations! Special gratitude to local schools for their enthusiastic participation in our Diwali events. We had some amazing collaborations with local community groups for which we are very thankful.

To those curious about our faith, thank you for approaching us with queries—it's your interest that enriches our understanding. To our neighbours, you're warmly welcomed to join us in our festivities without hesitation.

A special appreciation to our dedicated team of volunteers—your unwavering support makes all our endeavours possible. Here's to a year of shared joy, strengthened bonds, and the spirit of togetherness in 2024!



HSNorthstowe
 hindusamajnorthstowe
 fb.me/hindusamajnorthstowe
 hindusamajnorthstowe@gmail.com

Hindu Samaj Northstowe 2024 PLANNER

JANUARY	FEBRUARY	MARCH
13 SAT MAKAR SANKRANTI & PONGAL	17 SAT BASANT PANCHMI	8 FRI MAHA SHIVRATRI
20 SAT AYODHYA TEMPLE CELEBRATION	TBC HSN OUTREACH	23 SAT Holi
APRIL	MAY	JUNE
13 SAT RAM NAVAMI	TBC HSN OUTREACH	TBC HSN OUTREACH
27 SAT HOLI MELA	 TBC	 TBC
JULY	AUGUST	SEPTEMBER
12 FRI GURU PURNIMA	TBC RAKSHABANDHAN	6 FRI GANESH UTSAV
 TBC	25 SUN SHRI KRISHNA JANMASHTMI	6 FRI to 8 SUN VISARJAN
26 SAT SHARAD UTSAV	TBC ONAM	 TBC
OCTOBER	NOVEMBER	DECEMBER
 TBC	31 THU (October) to 15 FRI DIWALI IN NORTHSTOWE	 WINTER FESTIVAL
 TBC	16 SAT DIWAL MAHOTSAV	TBC LIGHT UP NORTHSTOWE

fb.me/hindusamajnorthstowe <https://www.instagram.com/hindusamajnorthstowe> hindusamajnorthstowe@gmail.com

FASTING IN ISLAM: A HOLISTIC APPROACH TO SPIRITUALITY AND HEALTH

Northstowe Muslims are excitedly preparing for the holy month of Ramadan expected on 10 March 2024 pending the sighting of the lunar crescent. Fasting holds a significant and a revered place in the spiritual life of two billion Muslims worldwide, serving as a multifaceted practice that intertwines spirituality and health. The Islamic month of Ramadan (March/April 2024), during which physically mature and capable Muslims fast from dawn to sunset, is a profound manifestation of this connection. Here, we explore the profound interplay between fasting, spirituality and health in Islam, shedding light on how this act of worship encompasses both the nourishment of the soul and the well-being of the body. Like every year, 'Northstowe Muslims' will organise a community 'iftar' and would gladly invite the entire Northstowe Community to join us.

Fasting is one of the 'Five Pillars of Islam', representing a fundamental act of worship and obedience to Allah SWT, as ordered by Allah in the Quranic verse: "*O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous*" – Chapter 2: Verse:183.

It serves as a powerful means of cultivating self-discipline and empathy. By abstaining from food, drink and sexual activities during daylight hours, Muslims engage in a spiritual journey, seeking a heightened sense of consciousness and a closer connection to the divine. Moreover, fasting in Islam goes beyond mere physical abstinence; it involves refraining from negative behaviours such as gossip, anger and dishonesty. This emphasis on self-restraint fosters a spiritual environment that encourages introspection, self-improvement and a deepened understanding of one's relationship with Allah and fellow humans, not only in the month of Ramadan but throughout the year.

The pre-dawn meal, known as Suhoor, and the breaking of the fast at sunset meal, called Iftar, are communal experiences that further strengthen the sense of unity and family values. Through shared meals and prayers, fasting becomes a collective endeavour, reinforcing the communal bonds that underpin Islamic society.

Whilst the primary purpose of fasting in Islam is spiritual, the practice also yields various health benefits that align with modern scientific understanding. The intermittent fasting pattern observed during Ramadan has been associated with improvements in metabolic health, including weight management, blood sugar regulation and cholesterol levels. The physiological changes that occur during fasting, such as the detoxification of the digestive system and improved insulin sensitivity, contribute to overall well-being. Moreover, the act of abstaining from excessive food consumption fosters mindfulness about dietary choices, promoting a balanced and healthy lifestyle.

The Benefits of Intermittent Fasting



Disclaimer: Always refer to your GP for medical advice.

While we plan for the Ramadan in the new year, here are some beautiful memories of 2023.



The table below gives the list of our planned events for the year 2024. For more information, please check our website: https://northstowemuslims.org/upcoming_events/

Gregorian Date	Event	Hijri Date
13 January 2024	Start of Rajab (Sacred month)	1 Rajab 1445 AH
08 February 2024	Isra' Mi'raj	27 Rajab 1445 AH
12/13 March 2024	Start of Ramadan	1 Ramadan 1445 AH
10 April 2024	Eid ul-Fitr	1 Shawwal 1445 AH
16 June 2024	Wuquf in 'Arafa (Hajj)	9 Dhul-Hijjah 1445 AH
17 June 2024	Eid ul-Adha	10 Dhul-Hijjah 1445 AH
07 July 2024	Islamic New Year	1 Muharram 1446 AH
16 July 2024	Fasting 'Ashura	10 Muharram 1446 AH
16 September 2024	Mawlid (Birth) of the Prophet	12 Rabi' al-Awwal 1446 AH



Website: www.northstowemuslims.org
 Twitter: <https://twitter.com/NorthstoweM>
 Facebook: <https://www.facebook.com/Northstowe-Muslims-111484854961736>
 Instagram: https://www.instagram.com/northstowe_muslims/

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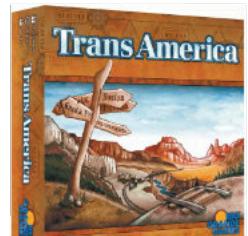

NORTHSTOWE GAMERS

How did the rail network end up so confusing? I planned a trip from Cambridge to Manchester, it told me to change at *Stevenage and Leeds!* Why do I have to travel so far out of my way? Well, this game may help you understand. In **Trans America** all the players are trying to link up different cities in America to the brand-new rail network. Initially you are building on your own, but as you meet others' routes you start to work together. Sort of.

In this game each player has 5 cities, always really well spaced out across the whole of the USA. You take it in turns to build track, out from your starting place, and trying to link all your cities. Eventually the track you are building will link to track built by another player, and then you can both branch out from anywhere on the network no matter who first laid it. As soon as someone has joined all their cities, everyone else counts up how much more track they need and score that amount. The aim is to have the lowest score after a few rounds, and not let your train fall off the cliff on the west coast!



Pity the passengers who just want to go from Santa Fe to Salt Lake...



Trans America is designed by Franz-Benno Delonge, and published by Rio Grande Games.

We play this game very regularly on Tuesday night, as it can take up to 6 players and takes less than an hour to play. It's faster than the more famous "Ticket to Ride" and has a different kind of gameplay - in that game you always must rush to do everything first, whereas in Trans America you can hold back and later take advantage of what other people have done. The decisions of where to start, and when to join up, can affect how much track you need to invest – you could have let someone else lay it, but then again they may not be coming your way.

Will you go it alone for as long as possible or race to join the network? Find out by playing it with us on a Tuesday evening – for details search FaceBook for "Northstowe Gamers" or email northstowe.gamers@thecolliers.uk

Andrew and Sarah Collier



**Northstowe
Gamers**

Online and in-person
board gaming meet-ups
Tuesdays 7:30pm

facebook.com/groups/northstowegamers
northstowe.gamers@thecolliers.uk



We're in The Cabin on the third Tuesday each month, or at our home on other weeks.
The next dates in The Cabin are:

February 20th and March 19th

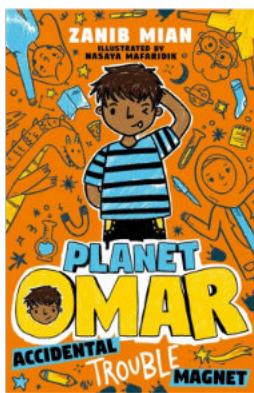
For details search FaceBook for "Northstowe Gamers" or email northstowe.gamers@thecolliers.uk

MAH JONG AT THE COMMUNITY LOUNGE



Since the spring of 2023, volunteers and visitors to Northstowe Community Lounge have enjoyed playing the popular Chinese game of Mah Jong on Thursday evenings, first at NSC and then, since August, in the temporary community centre (The Cabin) on The Green. At first only a couple of people who attended the Community Lounge had ever played Mah Jong before, but others soon learned and came to love this colourful, fun and sometimes challenging game, played with tiles (sizes may vary) painted or printed in beautiful designs and Chinese characters depicting winds (E, S, W, N), dragons (red, green and white) and "suits" such as bamboos, stones, thousands (also known as "characters" due to the pictograph wan, which means ten thousand)! Northstowe Foodies recently donated a purpose-made Mah Jong table to the Community Lounge, just the right size and shape for four players to enjoy the game without having to stretch too far across the table.

BOOK REVIEWS



Planet Omar: accidental trouble magnet by Zanib Mian

Originally published as *The Muslims*, this funny novel for 8-11 year olds has been revised and re-illustrated. It is the first in a series.

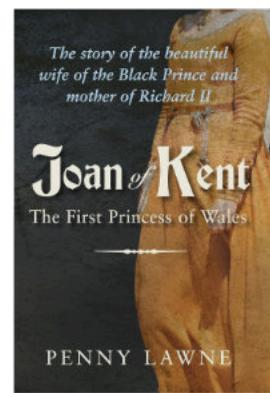
Omar is a likeable young hero with lovely parents and mainly likeable siblings. His scientist parents move house and Omar starts at a new school.

They deal with the less than warm welcome from their neighbour and the antagonism of the school bully with equanimity and kindness. One of Omar's coping mechanisms is an imaginary dragon friend, and also a sense of fun.

I enjoyed reading about Omar's experiences of adapting to the new school. It is told with humour and charm, and is full of interesting background as we learn about his religious faith and life during Ramadan. Primarily this is a book about kindness and therefore has an inspiring feel. I recommend this to fans of Tom Gates and *Diary of a Wimpy Kid*.

The book is available to borrow from Northstowe Microlibrary.

Kathy Fountain



Joan of Kent: The First Princess of Wales by Penny Lawne is a non-fiction book about the life of the 14th-century noblewoman Joan of Kent, beginning with the execution of her father when she was a toddler and following her through her childhood at the royal court, the marital tribulations of her teens and twenties, the death of her first husband and her remarriage to Edward the Black Prince, and finally his death and her life and influence as the dowager princess and mother of King Richard II.

It is a compellingly-written biography and flows very quickly and easily; I found it novel-like in style and structure without going into any flights of fancy. While Lawne does sometimes speculate where there is a lack of evidence, she's usually very clear about her reasoning for drawing any particular conclusion and is prepared to offer multiple interpretations of the available evidence before choosing one. Also, while this is unabashedly an attempt to spotlight a woman largely ignored in many historical accounts, Lawne does not attempt to erase Joan's flaws and deliberately points out negative aspects of her legacy as well as positive ones, making it feel very balanced.

As a warning, it does contain mentions of medieval war atrocities together with a lengthy examination of the fact that Joan's first marriage was contracted with an older man when she was only twelve. I would recommend it for adults with an interest in medieval English history and a basic knowledge of the period.

Becca Edney

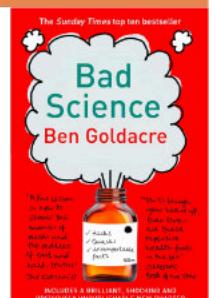
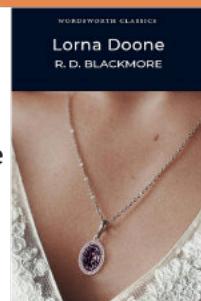
BOOK CLUB

Northstowe Book club

All welcome to join us at book club. We read a different book each month and meet on Zoom for about an hour to discuss the current book. We meet on Monday evenings from 7.30pm. Zoom details can be found on our Facebook page or by emailing [northstowebokclub@gmail.com](mailto:northstowebookclub@gmail.com).

Monday 12th February ***Bad Science*** by Ben Goldacre

Monday 11th March ***Lorna Doone*** by R.D. Blackmore



If you're curious and would like to learn more, or simply make new friends and meet up with familiar faces, all accompanied by free hot drinks and baked goods donated by Co-Op and collected by volunteers, come along on a Thursday from 6-8pm at The Cabin.

Dào shíhòu nàlǐ jiàn!
("See you there!" in Mandarin)

Graeme Hodgson, Northstowe Hub Trustee, Community Lounge Volunteer and lifelong enthusiast of Mah Jong



NORTHSTOWE ARTS UPDATE

This spring we're settling into some new projects and planning several more!

Have you seen the hoardings on Stirling Road, now covered in artwork created by members of the Northstowe community? The plants, birds and insects were originally designed by young people at Northstowe Youth Hive and people of all ages at the Northstowe Warm Hub, and made into a wrap for The Cabin on the Green. Project artist, Syrah Arnold, and graphic designer, Jeremy Kay, then reworked the artworks into a 50-metre design for the hoardings! We're grateful to South Cambridgeshire District Council for funding the original project and enabling us to use the design concept and artworks produced for the second chapter of this activity, to Homes England for commissioning that second chapter, and to Hudson Signs Ltd for supporting the printing costs of the panels.



Northstowe Community Cinema returns!

We're delighted to be returning to Northstowe Secondary College this February, this time for two film screenings in one day! Buy your tickets at northstowearts.co.uk – on Saturday **24th February**, a family film will be shown at 3pm followed by one for the grown-ups at 6pm. Feedback after last October's event was overwhelmingly positive and really helpful, and we're actioning as many of the points as possible.

"Having a cinema is a wonderful idea that can bring the community together"

Lakes signage project

We're really pleased to be collaborating with Homes England, commissioning local artist Chloe Leaper to again work with the Northstowe community to create sculptural signs for two of the new Northstowe lakes: Unity Lake and Halcyon Mere.

Join Chloe at one of two sessions on Saturday 23rd March to help design the sign for Halcyon Mere! Birds have been used symbolically by so many cultures as mediators of earth, air and water – how should they be used in Northstowe? Participation in these workshops is free but booking in advance is essential: find out more at northstowearts.co.uk.



Sign up to our newsletter for the latest details on all our activity: northstowearts.co.uk/news/join-our-mailing-list



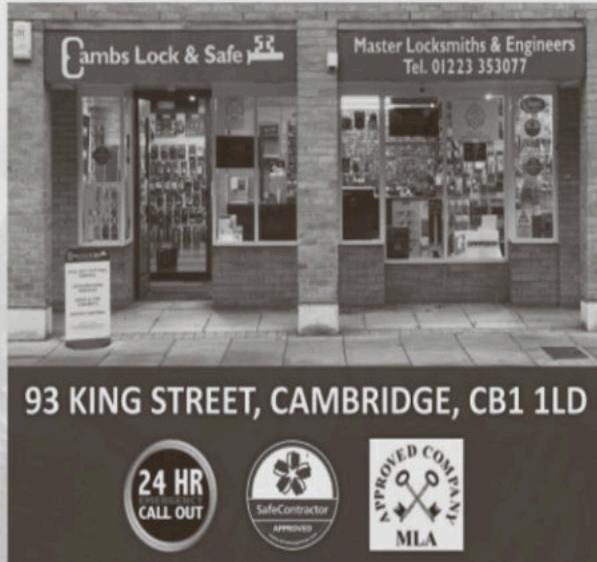
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RADIO 3 CAROL COMPETITION FINALIST

One of the finalists in this winter's BBC Radio 3 Carol Competition was a resident of Northstowe! We spoke to him to find out more. Andrew Collier, can you tell our readers something about yourself?

My wife and I moved here into Northstowe about five and a half years ago, and then we had our son who's coming up to two. For all that time we've tried to involve ourselves with what's happening in Northstowe: we're members of Emmanuel Church, we were regulars at Wing Wednesdays in the early days and helped with delivering Welcome Packs to people just moving in.

We're very keen on the modern style of strategy board games, so the whole time we've been here we've been very happy to have Northstowe Gamers meeting at our house nearly every Tuesday evening (and now monthly in the Cabin). We review a game in every issue of Northstowe News, and back in 2021 I ended up taking over page layout and editing of the magazine.

I see, so you're writing these questions as well as the answers?

Yes, it's all a bit post-modern. I did wonder if it might seem big-headed to write an article about myself, but I thought if the finalist were *literally anybody else in Northstowe* I would be very keen to include it, so not writing one would actually have been a bit of a false modesty.

So back to the carol. How does the competition work?

The BBC launch the competition in September each year, supplying the words and inviting the country to write a tune. All the entries are judged strictly on the melody of one verse and chorus: no harmonies, no accompaniment. From all of the hundreds (probably) of entries, a panel of judges selected just eight – four in the under 16s category, and four in the seniors. And I was very happy and more than a little surprised when I found out that mine was one of them.



How did you write your tune?

It seemed to me that the words, although addressing the very serious and concerning subject of global climate change, are quite playful and whimsical. You don't often get words like "AWOL" in a traditional Christmas carol. So that gave be a very clear idea of the sort of tune I wanted to write: very light and bouncy, full of syncopation.

I play bass guitar, quite often leading music from the front at Emmanuel Church, so maybe that helped me come up with a tune that's fun to sing. Also from time to time I've been meeting up with a small group of jazz musicians – we played carols at 2022's Northstowe Winter Festival lights switch-on, and we've started practicing more regularly in the Creative Get-Together sessions by Northstowe Arts. I don't think what I've written truly qualifies as jazz, but definitely I did try to cram in as many jazz-influenced 7th and 9th chords into the harmonies as I possibly could.

How did the melody line become a full recorded carol?

The BBC work with a pianist and arranger Iain Farrington, and he was the one who produced the final arrangements of all eight entries. I had already come up with chords to help me in writing the melody – even though it wasn't directly part of what was judged – and a piano part to go between the verses. So I was able to send him my original ideas and he expanded on them. You can hear my notes are still there in the final version but there's no doubt he's taken it up a level. He has a lot of experience in the style I was aiming for.

All the finalists were then invited to the Maida Vale studios in London where the BBC Singers recorded all the finalists' carols. That was a lovely experience, to hear such skilled people singing the music so perfectly.



How was the winner finally selected?

All the entries were played on Radio 3 several times in the week-or-so before Christmas, and there was a public vote to select the eventual winner – which would be played on Christmas day on BBC Radio 3. In the end it wasn't mine, sadly, but instead BBC Radio Cambridgeshire chose to play it, so there's that consolation!

SWAVESEY CAMERA CLUB

Annual Photographic Exhibition

Saturday 23rd March 2024

From 10 am to 4 pm at Swavesey Memorial Hall

Swavesey Camera Club are back on 23rd March 2024 for our Annual 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 Over Day Centre. Coffee, excellent cake and other refreshments will be available all day.

Visit our website www.swaveseycameraclub.co.uk where you can find further details about our club and the exhibition. On the website you will also be able to see an online version of the exhibition.

(Our exhibition is kindly sponsored by Ash Croft Veterinary Surgery and Tait Financial Services Ltd).



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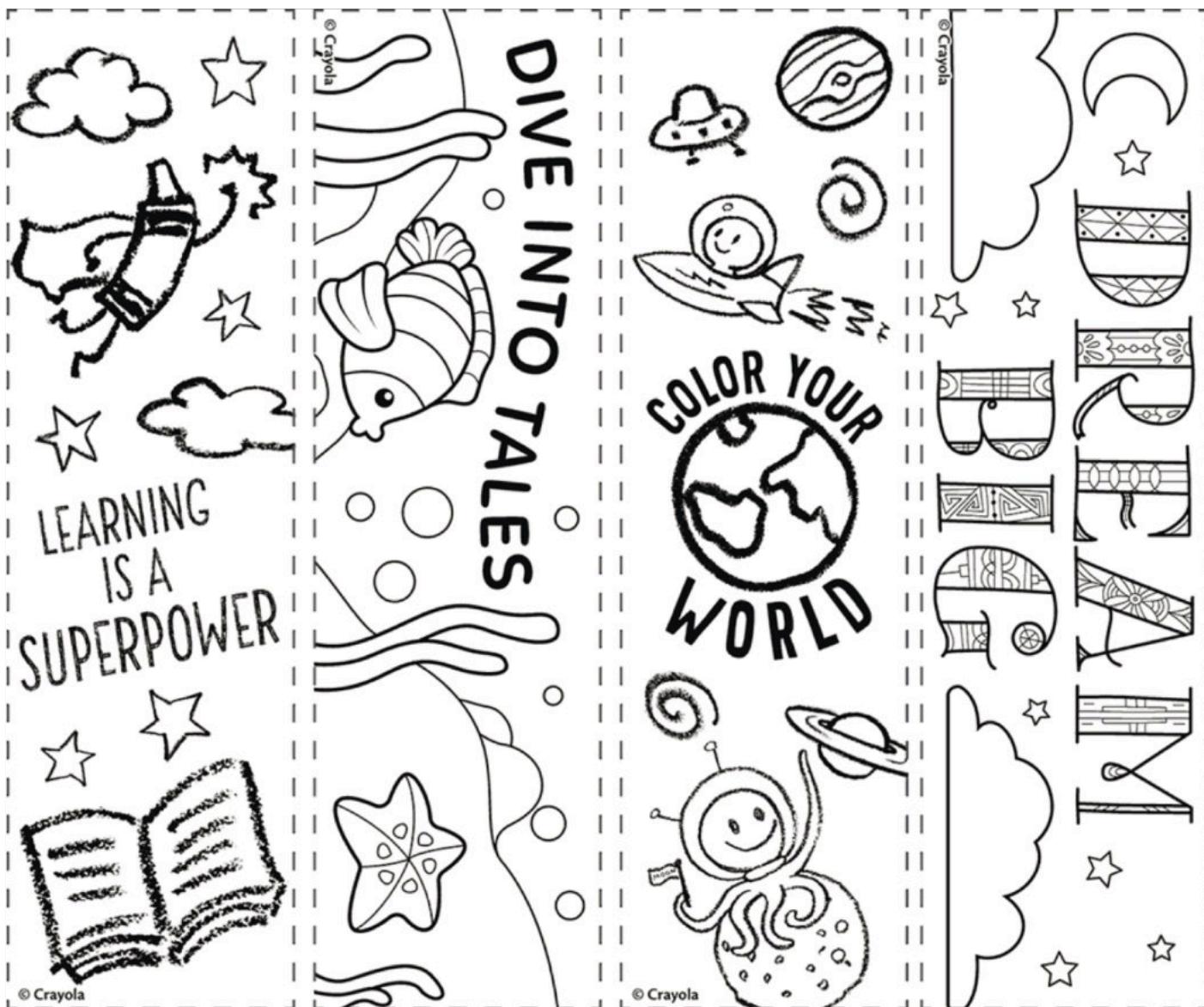


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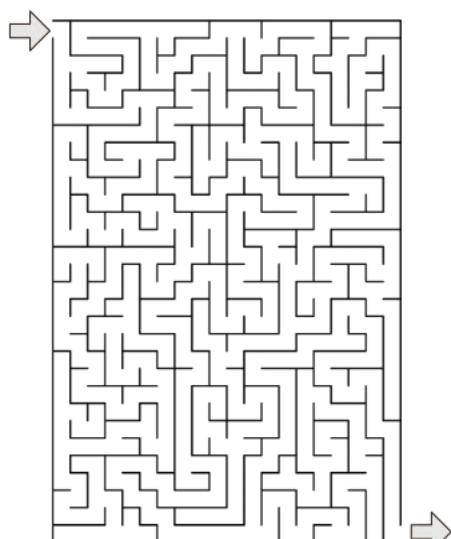
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Mothering Sunday Word Search - 10th March 2024

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D	A	M	D	N	A	R	G	W	E	R	N	F	U	J
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- Bouquet
- Caring
- Celebration
- Daffodil
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- Love
- Mother
- Mummy
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