

Northstowe News

By Northstowe Community – For Northstowe Community

Issue 34

August / September 2024



News and Updates

EDITORS' WELCOME

What an wonderful community we have here in Northstowe!

And it was all on display at the Northstowe Midsummer Festival. Countless people contributed to the day – dancing and making music on the stage, helping run the stands for all kinds of community groups, setting up gazebos, providing entertainment, keeping attendees healthy and safe. And above all, hundreds of people came to enjoy the fun, and gave the atmosphere a real friendly buzz. There was laughter, fun, sunshine and neighbours all spending time together like family.

Our sincere thanks go to everybody who was there, and especially to those who worked so hard behind the scenes to make it all possible. What a triumphant way to bring the community together.

Want to advertise in Northstowe News?

Over 1700 copies of each issue are delivered, a free magazine to every residence in Northstowe. If you want your business to be included, contact janeppendrill@gmail.com for more details. Annual discount rates are available.

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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 October / November issue is **September 1st**.

HOUSEHOLD BIN COLLECTIONS

Friday 2 nd August	Blue and Green Bins
Friday 9 th August	Black Bin
Friday 16 th August	Blue and Green Bins
Friday 23 rd August	Black Bin
Friday 30 th August	Blue and Green Bins
Friday 6 th September	Black Bin
Friday 13 th September	Blue and Green Bins
Friday 20 th September	Black Bin
Friday 27 th September	Blue and Green Bins



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

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Front Cover photo by Shola Delip



**Homes
England**

GREENBELT GROUP



As we move through the summer months, the weather may not have always been the kindest . . . but that hasn't stopped the good people of Northstowe from coming together and enjoying everything about our great outdoors.

One of the top highlights so far must be the Northstowe Midsummer Festival, an event scheduled perfectly to coincide with the summer solstice.

Greenbelt Group was honoured to once again help sponsor this wonderful gathering and our Community Liaison team gladly took the opportunity to personally join in with the fun in the sun.

"This event is always so friendly and welcoming," said Nick Upton, our Community Liaison Officer for the region.

"But, of course, this is something we've come to expect from the residents of Northstowe. Not only was the festival extremely well-attended but it was a fitting celebration of the longest day of the year and, at long last, the return of summer sunshine!"

Hosted by Northstowe Hub and Northstowe Arts, with the help of Northstowe Foodies and a wide range of community groups, the festival certainly was a full-on fun day, with everything from fine food and drink to music and dance to crafts, heritage and games galore.

All in all, it was a perfect reflection of Northstowe's strong focus on growing and nourishing a thriving community.

This perfectly reflects our own mission at Greenbelt, through which we not only provide long-term stewardship of beautiful green spaces but also nurture communities and enable them to grow together.

We have always found encouraging homeowners to enjoy using green spaces to their max, while interacting with each other, helps to create a real sense of community and place.

This is why events such as the Midsummer Festival are not just amazing fun . . . they are important in strengthening that positive community spirit.

So, while our bespoke, year-round maintenance programmes are designed to boost biodiversity and aesthetic value – and, of course, the future value of Northstowe properties – it is our support of social and cultural events that build a sense of place for residents and the entire community.

Did you know we can help your project through funding, expertise and professional guidance? If you have an idea that could help everyone grow together and have outdoors fun at Northstowe – in all four seasons and whatever the weather – visit the My Community page at greenbelt.co.uk



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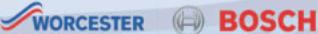
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DISTRICT COUNCIL



CLLR NATALIE WARREN-GREEN

Since the last issue of Northstowe News several things have changed politically, and for the District Council Cabinet at local level too. I am delighted to have played an active role in the election of three new Liberal Democrat MPs in Cambridgeshire including Ian Solloway for St Neots and Mid Cambs which of course includes Northstowe; Pippa Heylings in South Cambs; and Charlotte Cane in East Cambs. Thank you to all the residents of Northstowe who voted for Ian who I know as a man who genuinely puts the interests of people at the centre of his thinking, and will be a strong advocate for development in Northstowe.

At South Cambridgeshire District Council, there has been a reshuffle in the Cabinet, and the Lead Cabinet member for Communities including Northstowe is now Cllr Henry Batchelor. Henry succeeds Cllr Bill Handley who has been instrumental in supporting the development of Northstowe and will be recognised by many as the chair of the Northstowe Forum and chair of the Delivery Group. I would like to thank Bill for his attention to, and support for, the needs of Northstowe and am pleased to see that his handover to Henry is going well with Henry getting close to the Northstowe Agenda. I have taken over from Henry as Lead Cabinet Member for Environmental Services at SCDC too and am getting close to resident concerns about the environment, and our waste services, in particular.

With the elections, has come a focus from the new government on the acceleration of New Town development, and it's good to see Northstowe on the agenda. The Chancellor made a speech on 8th July, in which she mentioned Northstowe as one of five sites that will be accelerated as part of the government's approach to increase housebuilding. The speech is here: <https://www.gov.uk/government/speeches/chancellor-rachel-reeves-is-taking-immediate-action-to-fix-the-foundations-of-our-economy> but the specific paragraph that included Northstowe is here: "Third, we will create a new taskforce to accelerate stalled housing sites in our country...beginning with Liverpool Central Docks, Worcester Parkway, Northstowe and Langley Sutton Coldfield, representing more than 14,000 homes." While we don't have too many details yet, I understand Homes England are looking at accelerating Phase 2 (all permissioned) housing, town centre and associated community facilities. As more information emerges, we will keep residents informed of decisions made about development through the Town Council members, Northstowe Forums, Newsletters and through Social Media.

This newsletter report has been, unusually for me, focused on the political agenda for obvious reasons, my monthly updates to the Town Council about the services offered by SCDC include links to where you can get help with District Council related concerns. Please visit South Cambs District Council (www.scambs.gov.uk) for information you need to support your council department by department, or feel free to email me for support if you can't find what you need on the website.

Contact: cllr.warren@scambs.gov.uk.

CAMBRIDGESHIRE COUNTY COUNCILLOR



FIROUZ THOMPSON

Dear residents, as we look forward to the upcoming month of September, many of us in the community are still holding out hope for a true taste of summer, as June and July have left us shivering and soaked. This year, the UK has experienced one of its wettest Junes on record, with persistent rain and

unseasonably cool temperatures dampening the usual summer festivities. The Met Office reported that parts of the country received more than double their average rainfall for June, making it the sixth wettest June since records began. With fingers crossed, we hope September brings the sunshine and warmth that eluded us earlier in the season.

General Elections – 4 July

I'm thrilled to share that the Liberal Democrats have made significant gains across Cambridgeshire, including our victory in the new constituency of St Neots and Mid Cambridgeshire. Congratulations to the newly elected Liberal Democrat MPs

- Ian Sollom for St Neots and Mid Cambridgeshire
- Pippa Heylings for South Cambridgeshire
- Charlotte Cane for Ely and East Cambridgeshire

Nationally, the Liberal Democrats have achieved 72 gains, marking a major step forward for our party, led by Ed Davey, who had to perform stunts to cut through and capture media attention. Thank you to all who voted in these elections, let's continue to work together for a brighter future for us and our children.

Northstowe Education Campus update

The current forecasted dates for completion are:

- Nursery – end of July
- Secondary School extension – end of August
- Post 16/Sixth Form – end of November
- Remainder of Works – mid January 2025

Nursery and Primary School will be in the nursery block for the first term and Post 16/Sixth Form will be in the Secondary School extension. There will be ample space in both building, as they are built for full occupation numbers, and we will not be anywhere near those numbers of pupils.

Nursery update – I am delighted that Little Flames Childcare Ltd have been appointed to run the nursery, which is due to open in September (pending Ofsted registration). Registration is now open for children aged from 9 months to 4 years old.

www.northstowe-nursery.com

Government Announcement of Acceleration of Northstowe – 8 July

We welcome the new taskforce to help accelerate the development of our growing town, constructing a new town is undeniably complex and the challenges have been magnified by the pandemic, especially with rising costs in the construction industry and seeing two contractors onsite going into administration. We are eager to collaborate with all stakeholders and look forward to building a vibrant town centre.

Contact: firouz.thompson@cambridgeshire.gov.uk

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

MEMBER OF PARLIAMENT



IAN SOLLOM MP

Following the General Election held on 4th July 2024, I am delighted to say I have been elected as your MP for the newly created constituency of St Neots and Mid Cambridgeshire.

The full results are below:

- | | | |
|--------------------------------|---------|-------|
| Ian Sollom (Liberal Democrat) | 19, 517 | 36.9% |
| Anthony Browne (Conservative) | 14,896 | 28.2% |
| Marianna Masters (Labour) | 6.918 | 13.1% |
| Guy Lachlan (Reform) | 5,673 | 10.7% |
| Stephen Ferguson (Independent) | 2,941 | 5.6% |
| Kathryn Fisher (Green) | 2,663 | 5.0% |
| Bev White (Party of Women) | 274 | 0.5% |

I wanted to say thank you to my fellow candidates. It's not easy to put yourself forwards but it's vitally important that we give voters a good range of choices and I think we can be proud of that. Thank you to our outgoing MP Anthony Browne for their service to their former constituency.

Most importantly, I wanted to thank you to all who voted for me, including voters who lent me their vote to send a message to the outgoing Tory government. I don't take a single vote for granted.

Whether you voted for me or not, I want you to know that I will keep listening to you and I will keep fighting for you every day - for the fair deal you all deserve. I will work hard for the people of St Neots and Mid Cambridgeshire and be your champion in Parliament.

Throughout the campaign I heard of the everyday challenges people faced trying to see a GP or dentist - or if they could even register with one - or with the cost of living. Many of you have felt let down or taken for granted. I will do my utmost to improve the lives of residents in our constituency.

For Northstowe - my immediate focus will be talking to the government and Homes England on their plans to accelerate house building, meeting the local councils and NHS to discuss the GP surgery and Civic Hub and pushing for our first shop.

I already have a close working relationship with your County Councillor Firouz Thompson and District Councillor Natalie Warren-Green and hope to continue to work with them and the Northstowe Town Council on these priorities.

I love our new constituency - from St Neots and our new towns to all our unique villages and communities. To be elected to represent you in Parliament is the honour of my life. I am truly humbled by the faith you have put in me. I won't let you down!

At the time of writing, we do not yet have an address for our constituency office but we will share this to this newsletter and on my social media accounts (below)

Contact me on ian.sollom.mp@parliament.uk

My website is www.iansollom.org

Follow me on Facebook <https://www.facebook.com/IanFSollom/>

X/Twitter: <https://x.com/IanSollom>

Instagram: <https://www.instagram.com/iansollom/>

NORTHSTOWE TOWN COUNCIL

TOWN MAYOR, CLLR PAUL LITTLEMORE

Hello Northstowe

Our May meeting was our Annual Meeting of the Town Council. At this meeting every year we select our Mayor and Deputy Mayor, I'm humbled that the council decided to re-elect myself to the position of Mayor for this civic year, and Cllr Shola Delip as our new Deputy Mayor.

In my last column I had mentioned that we were expecting to recruit a replacement for our vacant Market Manager position. This was agreed in our May meeting, and applications were open through June. These are now being processed and I'm hoping we can get the post filled as quickly as possible.

In our June meeting we considered and approved funding for a 24-week trial of bringing the Mobile Food hub to Northstowe. This service already visits a number of villages across the district, and bring free and low cost food and essential items on a weekly basis. The exact timings, and start date have not yet been confirmed, so please keep an eye out for updates on the Town Council social media channels, and the town 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), there is always our standing Public Participation item on all of our meeting agendas. Full Council meetings run on the 4th Tuesday of the month, though we do not have a meeting in August, starting at 19:00 in the Cabin.

Cllr Paul Littlemore
Town Mayor

NORTHSTOWE KICKSTART FUND

Northstowe Kickstart fund can help you kickstart your new ideas!

The Northstowe kickstart fund is a pot of funding allocated to Cambridgeshire County Council through S106 developer funding from Homes England. It is designed to award grants of up to £1000 per application to help new groups or projects start up for the benefit of the Northstowe community.

A recent new club that has been funded is the Northstowe Chess club. Ioana from the club saw a gap that there were no clubs locally providing an opportunity to play chess. She applied to the fund and with help her club was awarded £1000 to help buy the equipment they needed and pay for the initial room hire to launch. The club has been running for a few months and attracts people from all ages and abilities. A giant chess was also purchased as part of the funding and this has provided great fun at community events already and will be appearing at more in the future. If you would like to join the chess club please email for more information - chessnorthstowe@outlook.com .

Other successful funding bids have been a coffee machine for the Community café and junior bowling bowls for the Bowls club to start sessions with young people.

If you have an idea and would like to see if the kickstart fund can help you, please contact the Northstowe Community development team who can help you apply – Northstowe.Community@scambs.gov.uk

TOWN CLERK AND DEPUTY CLERK

Hello to all Northstowe residents.

Northstowe Market

June and July saw us vigorously advertising to recruit a new Market Manager, with interviews happening in July.

Monthly Northstowe Market Dates – on The Green and inside The Cabin, 10 am – 2pm:

- 28th July**
- 25th August**
- 22nd September**
- 27th October**
- 24th November**
- 22nd December**

Please do come and support the local traders at your very own Market.

ParkPlay:

This is a great way to get outside for an hour or 2. Sessions are free and are held every Saturday at The MUGA behind the Sports Pavilion, from 10.30-12.30, If you have not been and are interested or curious to see what this is all about please just pop along; it is a great opportunity for families and individuals to get out and meet other residents in Northstowe and Longstanton, have a natter, engage in games: great for your Wellbeing. This is part-financed and supported by Northstowe Town Council and Longstanton Parish Council. Hektor is the ParkPlay leader and would welcome you attending.

Community Lounge:

Continues to go from strength to strength, with some highlighted events. They had an Art and Planting Event, Neighbourhood Watch Discussion- during Neighbourhood Watch week, Northstowe Heritage Society- interactive session, and creating clothes bundles for those in need, just to name a few. They will have other events happening over the next few months. Please pop along to The Cabin, every Thursday from 6-8pm. If you haven't been: it is free and all are welcome to play games, of which there are many, or just have refreshments and a chat. The Community Lounge team will look forward to welcoming you.



COMMUNITY DEVELOPMENT OFFICERS

Mihaela Stan and Michele Eidevik-Skinner



Northstowe Community Forums 2024

The next Forum will be on Wednesday 11 September at Western Park Pavilion starting with a drop-in at 6:30pm and presentations at 7pm. Agendas are usually advertised the week before and questions can be asked during the evening by attendees as well as submitted in advance to:

northstowe.community@scambs.gov.uk



Northstowe Events

The Midsummer Festival took place on Saturday 22 June, it was organised by Northstowe Hub and Northstowe Arts. The good weather brought out lots of people who joined in with many of the activities taking place i.e. silent disco, origami workshop, picnic and the bouncy castle. We look forward to celebrating the Midsummer Festival again next year.

Great Big Green Week – we supported Sustainable Northstowe in organising a community skip day on Saturday 15 June, this year's theme was 'Let's swap together for good'. There were recycling skips, bike repairs, storytelling, children's workshop, toy swap and litter picking. There will be another toy swap later in the year and the clothes rail with free children's clothes can be found in the café area at The Cabin. When available, food from the Community Pantry can be found in the foyer area at the Cabin on a Tuesday, Wednesday and Thursday. The food is available via the Olio app the rest of the week.

Digital Buddies

An initial Digital Buddies drop-in session took place on 12 July. The sessions are designed to offer digital assistance such as: using/ downloading apps, searching information online, bus pass application. We are working towards establishing regular Digital Assistance sessions, more information will follow soon.

Photography Quiz

We organised a Photography Quiz which resulted in lots of beautiful photographs from around the world being submitted by residents, other people had to guess the location name. The quiz was available on the Northstowe Hub website as well as having some printed copies at The Cabin. The results can be found online at:

northstowehub.org

BMX Track

We are involved in discussions regarding the new recreational facility for a BMX Track in Phase 2, adjacent to the planned Eastern Sports Hub, there was a public consultation in the summer hosted by Homes England and Clark and Kent Contractors.

Menopause Café

The Menopause Group meetings are free and take place monthly on a Wednesday evening, the meetings will be advertised on Northstowe Facebook pages and community Noticeboards. Please contact us if you would like to help run the group.

Junior Bowling

Thanks to the Kickstart Fund from Homes England, the Longstanton and Northstowe Bowls Club had a couple of very successful Junior Bowls sessions with students from Northstowe Secondary College in June, these will be continuing in the next academic year.

Community Activation Grant Fund

SCDC are administering the Northstowe Community Activation Grant Fund on behalf of Homes England. Some applications have already been received and have been successful

www.scambs.gov.uk/community-safety-and-health/northstowe/northstowe-community-activation-fund



Northstowe Events Channel on WhatsApp

There is a new WhatsApp channel where community groups and organisations can post information on events, these can be viewed by residents; there are almost 200 followers. To access the page, please go to:

<https://whatsapp.com/channel/0029VaaYjYdFCCoVVZzdih30>



Social Walking Group

The CDOs have been supporting and joining some of the walking group sessions, please look out for future dates on the Northstowe Community Facebook page and the noticeboards at The Cabin.

Hallmaster

We are in the process of transitioning to a new booking system, all future bookings for The Cabin will need to be made via Hallmaster through the bookings page: The Cabin - South Cambs District Council (scambs.gov.uk).

If you would like to get involved in any projects or activities, or help with other volunteering opportunities please contact us on northstowe.community@scambs.gov.uk



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****** (5*) Facebook Review) Amy Moran*

I've travelled with three different drivers from Richard's company this year. An extremely safe, comfortable, peaceful, punctual journey every time. I'm delighted to have found such a reliable service and look forward to using them for all my future journeys.

****** (5*) Google Review) Jo Eadie*



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HOMES ENGLAND

Northstowe checks in with its Neighbours

Documentary film celebrates blossoming Cambridgeshire community

A documentary film made to illuminate and celebrate the blossoming community in one of Britain's newest towns, has been launched by the town's master developer, Homes England, in collaboration with local community group, Northstowe Arts and filmmaker Paper Films.

Northstowe is located on brownfield land just eight miles northwest of Cambridge and is currently home to around 3,000 people and approximately 1,400 homes. Over the next two decades, Northstowe will become home to a new community of around 25,000 people.

The new film is the centrepiece of the Northstowe Neighbours campaign and follows the stories of some of the diverse families and individuals who have made the town their home in its first phases. The film was premiered at a special community screening in Northstowe on Monday 15th July.

Already boasting its own primary, secondary, and area special schools, a sports pavilion, community allotments, a park & ride facility, and a community centre, the town has been scrutinised and faced media headlines highlighting a lack of GP and retail facilities. Residents currently access these services in surrounding villages including the adjoining village of Longstanton pending delivery of Northstowe town centre which will include space for a range of shops, health services and other facilities.



The film was made entirely in Northstowe and, along with its companion residents' survey, the campaign explores the different motivations people have in moving to the town and their experiences of what they have found when they arrived and put down roots.

Full findings from the baseline report, which was designed around the Quality-of-Life Framework, will be released in due course but among the headline findings were:

- 57 per cent reported that housing provision met their current and future needs
- 51 per cent said their access to outdoor green space had improved

"The survey has provided us with a detailed baseline of residents' feelings about their quality of life living in the town's early phases," explains Dean Harris, Senior Planning and Enabling Manager at Homes England, which is responsible for the delivery of future phases of the town.

"There were some surprising and some anticipated findings, but this is the first time residents have been surveyed in this way and it was a very worthwhile exercise. We will present the findings back to residents and other stakeholders before publishing them in full on the town website," Dean added.



L to R: Daniel Kennedy, Mari O'Neill, Dean Harris. Photos by Phil Mynott

The Neighbours film was created by placemaking specialists, Paper Films, whose team made the film over March and April of 2024. With no actors, the film offers a snapshot in time of some of the people who are helping to create community in the town. Plans to screen the film around the town are underway, and it can be viewed on the Northstowe website and social media channels.

Dean Harris, who features in the film, explains the reasoning behind the campaign: "Northstowe has some great strengths but, as I point out in the film, it is still very much in its first flourishes. We wanted to do something creative to mark this moment in time in the town while it is still relatively small and early in its community journey. We wanted to show how the community is growing, led by the people who are making it their home."

"Communities are nothing without people. They are not made by buildings, roads, or bike lanes. As important as all that infrastructure is, community is made by people and it's our job to help create the fabric upon which that community can grow."

"Hundreds of new people will set up home at Northstowe in the next few years and will become part of this emerging community. Some will already know the area, but for those who don't, this project will demonstrate to them the richness, spirit, heart and passion already growing here."

Film director, Daniel Kennedy from Paper Films, added: "Every community we work in provides us with a privileged opportunity to tell the real stories of the people we find. We approach these productions with no agenda and are led by people we find and the stories they tell."

"In our experience, if you look for richness and community spirit, you find it and Northstowe was no exception. We were struck with the get up and go in the town and the overall impression we were left with was that there are many, many people who care deeply about the town's future."

The film is available to view on the Northstowe.com website.

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Sports, Health and Wellbeing

SCOUTING UPDATE

Beavers have been on several excellent trips, an evening at Clip n'Climb and a day trying a huge range of activities at Gilwell Park. These included low ropes, archery, traversing and a 'cave bus'. Closer to home, we are looking forward to harvesting a bumper potato crop from our section of the allotments, after a session planting and another making bird feeders.

Our Beavers have also learned all kinds of new skills, such as bike-maintenance, fire-lighting and playing rounders.

Cubs have had an action packed second half of the summer term starting with a 2-night camp in Thetford. The Cubs took part in activities such as canoeing, archery, air rifle shooting, shelter building and entertained themselves with songs round a campfire. The weekly sessions have been just as exciting – with walks round the lake looking at nature, building bazookas out of bamboo canes, planting veg at the allotments and team games. We are looking forward to the Cubs challenge day next term where they will get to take part in adventurous activities.

Summer term for Scouts has been about camps and being outdoors. 11 Scouts took part in the district Easter camp and 16 attended the Scouts Troop Camp in the early May bank holiday for 6 nights away in total. The Scouts showed their independence and skills at setting up camp, taking part in lots of adventurous activities including climbing and the gladiator challenge. The Scouts also put their skills at cutting firewood, firelighting and cooking to good use during the camps.

In the Thursday evening sessions, Scouts have shot air rifles at the Cambridge Gun Club, cooked over fire at the fire lighting field, practiced their axe and knife skills at bushcrafting and set up realistic scenarios for first aid. We are now finishing off the summer term with kayaking at Overcote. The Scouts also helped out the community by planting, mulching and filling beds at the allotment.

The Scout group will have been running for 5 years in October and will be celebrating with a family fun day with lots of activities such as climbing, archery and games. The waiting list for all sections continues to grow. Over the last year we have welcomed 3 new leaders to the group however we need more volunteers to enable us to open second Beaver, Cub and Scout sections. This will allow more young people in and around Northstowe the opportunity to take part in Scouting. If you are interested in volunteering, please get in touch – info@1stnorthstowescouts.org.uk

NORTHSTOWE TREASURE HUNT

Families: Come and join the Northstowe Treasure Hunt on Saturday 10th August at 2pm. Pick up a treasure map from The Cabin and follow the route round 10 locations in Northstowe. You will need to answer 10 questions to discover a secret code.

Come back to The Cabin before 4.30pm and open the treasure chest. Who knows what might be inside?

Follow the map at your own pace- walking, running, or cycling. It's not a race but an opportunity to spend time with friends and neighbours in the open air in (hopefully) sunny Northstowe.

Free refreshments provided at The Cabin after the treasure hunt, finishing at 4.30pm.

If you are busy on 10th August it will be possible to pick up a treasure map from The Cabin after 10th August and take part at your leisure. Maps also available online.

All correct entries will be put into a prize draw on Friday 6th September after our normal social walk.

VOLUNTEERING IN YOUR COMMUNITY

OWLS Community Car Scheme urgently needs your help. If you are recently retired, work part time or are unemployed, have a full driving license and a couple of hours you could offer each week then please get in touch. You don't have to be available on a certain day or time each week. Drivers get 45p a mile in total and have to be DBS checked.

OWLS have undertaken almost 10,000 journeys since its formation, helping many elderly and people with poor mobility/health in our Community to attend medical appointments and occasional social visits. Customers are very appreciative and value the service, knowing that drivers are local friendly people who are giving their time to help others.

In recent months we have unfortunately lost several of our drivers due to changes in circumstance and health and we are now in a position where we can't meet demand for journeys and desperately need new drivers. Please help us continue this much needed Community service.

We would also like to recruit additional volunteer coordinators who answer the scheme's mobile and arrange journeys for a fortnight at a time every 8 – 10 weeks (max. 5 times a year). Could you help?

For more information about becoming a driver or coordinator please ring the scheme's mobile on 07505 254363. Thank you.

Hungry? How to get help:



We know that anyone can reach crisis point and we're here to help when that happens. Foodbank vouchers can be exchanged for a parcel of three days of emergency food, providing non-judgemental support at the point of crisis.

Vouchers are available from local agencies such as citizens advice, schools, and churches. Vouchers can be redeemed at Distribution Centres across Cambridge: there is always one open every day Monday-Friday. This includes the Northstowe centre in the new Northstowe Community Centre: The Cabin

Looking to donate?

The nearest collection point is at Bar Hill Tesco (for in store shoppers), or you can arrange to go to the Warehouse in town, or give financially. See cambridgecity.foodbank.org.uk/give-help/donate-food/

Want to volunteer?

We've a friendly local team, who are looking for more volunteers. Get in touch via cambridgecity.foodbank.org.uk



 Like other agencies, Revds Beth and Stephen of Northstowe Church Network (Pathfinder Church, Little Explorers, Compline) can give vouchers: 07720 330 272 contact@northstowe.church

COMBERTON RAMBLERS

Sunday 30th June 2024 Comberton Ramblers celebrated 50 years of rambling. The club has been on quite a journey over the past years from only 10 members in 1974 to 60 members in 2024. We have explored new routes in Cambridgeshire, Essex, Hertfordshire and Northants.

Peter our current chair was joined by Hywel (chair from 2013 -2017) to cut the celebration cake and we all enjoyed a few glasses of fizz. Long may the club continue.

So the motto is keep on RAMBLING.



Stella - Secretary of the Comberton Ramblers
<https://combertonramblers.org.uk>

INTRODUCING 'HOW ARE YOU SOUTH CAMBS'

Connecting with others, getting active, learning a new skill, being creative, seeking professional support, exploring the outdoors, volunteering – all these things (and more) can improve wellbeing...but it isn't always easy to know what is on your doorstep or to feel comfortable trying something new.

How Are You South Cambs is a website that brings together everything local in the district that boosts mental wellbeing. Just like our physical health, we all have mental health and we all need to look after it – what that looks like for each of us is unique. The How Are You South Cambs website gives you the factual information you need to find a wellbeing boost, alongside videos, photos, quotes and a description of what to expect when you go for the first time.

If you are on Facebook, give the How Are You South Cambs Facebook page a follow too [@HowAreYouSouthCambs](https://www.facebook.com/HowAreYouSouthCambs)



We're also keen to discover, share and support what is good for wellbeing in South Cambs and Royston – what it is you value for your health and wellbeing. If you know about something that we should know about, please contact Charity Green (the How Are You South Cambs Coordinator) on HowAreYou@cpft.nhs.uk – she'd love to hear from you.

H.A.Y. Cambridgeshire & Peterborough is brought to you by Cambridgeshire & Peterborough NHS Foundation Trust.



HOCKEY CLUB

Thriving in Northstowe with the help of a Community Chest grant

Having almost doubled in numbers after two years of being in Northstowe, the introduction of Development Teams by England Hockey's East Area Adult Hockey League came at the perfect time. Huntingdon and Northstowe Hockey Club was able to expand from one team to two thanks to being awarded a generous Community Chest grant from the South Cambridgeshire District Council. We are incredibly grateful to the Council for recognising the importance of local sports clubs that provide new residents with an opportunity to make friends and care for their mental wellbeing as they settle into the local area, in addition to the obvious physical fitness benefits.

Two teams need double the amount of kit: everything from a second bag of hockey balls up to another set of face masks for defenders in short corners and an incredibly costly goalkeeping kit. This significant upfront outlay would not have been possible without the support of the Community Chest grant. Thank you to the SCDC for enabling less experienced and totally new players to develop their match play and grow in confidence in this non-competitive team. Our aim is that the development team will graduate into a competitive 2nd XI team in the future. 11 new players joined us over 2023-24 from Northstowe and the surrounding villages*, and 8 made their match debuts in the Development Team before the end of the season.

Ali and Eleanor joined us from Over. She is a fantastic athlete but Ali reached her mid-40s without ever playing a team sport. "Having the opportunity to train in the club and even play my first match was so exciting. Not only have I learnt so much, I've made good friends, and even got to play alongside my daughter which was very special." Eleanor is one of the youngest of the seven new youth players who joined the club this year and said "Everyone is really supportive and gives lots of positive feedback". (Girls can join from the school year when they turn 13.)

We welcomed a whole family from Longstanton. Erin just finished her GCSEs at Northstowe Secondary College so our training home was very familiar. She described her first year in HNHC as "community and enjoyment all in one club - very inspirational!". Erin's dad Dolan enjoyed coming along to teas after her matches so much that he decided to get more involved in the club. He is now the Kit Secretary and is looking forward to umpiring his first match next season. "The club welcomed me with open arms - even paid and supported me with doing an Umpiring course." Next season mum Lois will be on the pitch playing in the Development Team alongside Erin too.

As well as South Cambridgeshire District Council we also thank our kit sponsors Champneys Health Spa, Acteon UK and Motive Graphics who will mean we are easy to spot at the Northstowe Running Festival events again this August!



COME AND PLAY HOCKEY

We train on Tuesday evenings at 7pm and both the 1st XI and Development teams' matches are on Saturdays. Training restarts on Tuesday 20 August and we are holding a Club Day on Saturday 7 September so please do come along and join us. Email hello@huntingdonandnorthstowehockeyclub.com for more information or visit our website www.huntingdonandnorthstowehockeyclub.com.

*Northstowe (2), Willingham (1), Over (2), Longstanton (4), Wyton (1), St Ives (1)





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OVER DAY CENTRE BIKE RIDES AND SOCIAL

87 riders raise £2,049.25 for the Day Centre

Such amazing support from our local cycle club members, families and individuals who enjoyed five rides through the South Cambridgeshire countryside, with starts at Over or Northstowe. The 100k ride worked its way from Over to Potton, Steeple Morden Shepreth, Madingley, Northstowe and back to Over for the after-rides BBQ, bar and live music at the Over Community Centre. The 50k had the same start but returned back via Bourn and Caldecote to Over for the social. And, the three family rides followed the busway cycle track from either Northstowe to Over or Northstowe or Over to St Ives and back to join the party. All children who completed a ride were presented with a finisher medal, to help make the event a memorable day.



Very grateful thanks must go to our most generous sponsors: Law & Lewis, Joiners; All Eyes, spectacle makers; Redmayne, Miller, Rees, estate agents, and Fen Edge Community Association whose funds met all event expenses so that every penny of rider donations will go to the Day Centre, this year to enable garden raised beds and greenhouse cultivation to be added to client activities. Very grateful thanks too to the providers of raffle prizes, the ride marshalls, registration teams, Tesco Bar Hill for drinks and snacks for the family rides, first-aid, mechanical and broom-wagon supporters, photographer and graphic designer and Willingham Wheels and Swavesey & Over Cycling Club who planned the ride routes and signed them. In all, 168 signs were positioned to mark the various routes!!

In all, a lovely day, testimony to great community and local business involvement in support of the Over Day Centre charity. We look forward to you joining us for next year's event, Sunday 29th June 2025.

STARTING SOLIDS

Starting solids is a significant milestone in a baby's development, and understanding the current guidelines can help ensure a smooth and successful transition. According to the latest recommendations, here are the six key messages to keep in mind:

1. Around Six Months

The consensus among pediatricians and health organizations is to start introducing solids around six months of age. At this stage, most babies are developmentally ready to handle new textures and flavors. Introducing solids too early can potentially lead to digestive issues, while delaying too long means the baby misses out on necessary opportunities to explore food before large amounts are needed.

2. Look for Signs of Readiness

It's crucial to watch for signs that your baby is ready to start solids. These include being able to sit up with minimal support, being able to pick up food and take it straight into their mouth, and losing the tongue-thrust reflex—in short, being able to feed themselves!

3. Offer Different Tastes and Textures

Variety is key when introducing solids. Offering a wide range of tastes and textures can help develop your baby's palate and encourage acceptance of different foods. Introducing a diverse array of foods early can promote a healthy and varied diet as your child grows.

4. Milk Feeds Still Important

Even as solids are introduced, breast milk or formula should remain the main part of your baby's diet. Milk feeds provide essential nutrients that solids alone may not yet supply adequately. Solids will complement milk feeds rather than replace them, and only very gradually will baby drop milk feeds of their own accord.

5. Follow Baby's Cues

Babies are intuitive eaters and will know when they are hungry or full. Respecting these signals helps foster a healthy relationship with food. Signs of fullness include turning the head away, closing the mouth, or losing interest in eating. Paying attention to these cues ensures that feeding remains a positive experience.

6. Cautions

When starting solids, there are a few cautions to keep in mind. Avoid foods with hidden sugars, as these can lead to a preference for sweet foods and contribute to dental problems. Be wary of pre-packaged pouches and snacks that may contain added sugars or salt. Additionally, limit the intake of salt, as a baby's kidneys are not mature enough to handle high amounts. Offering natural, whole foods is the best approach to ensure healthy nutrition.

Introducing solids is an exciting phase that marks a new chapter in your baby's development. By following these guidelines, you can help ensure a balanced and enjoyable transition. Remember, every baby is unique, so be patient and responsive to your baby's individual needs.

For more detailed information and support, joining a live or pre-recorded workshop can provide additional guidance and confidence as you embark on this new journey with your little one.

Cristina Freniche, Starting Solids Facilitator at My Yoga Corner, Northstowe and Longstanton

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Please note the surgery will be **CLOSED** for the Summer Bank Holiday on **MONDAY 26th AUGUST** and from 1pm on **THURSDAY 19TH SEPTEMBER** for whole staff training.

Please plan ahead and make sure you have enough medication to last, remembering to order your repeats at least **THREE** working days before collection.

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

WHOOPING COUGH (PERTUSSIS)

Cases of whooping cough are continuing to rise. If you are pregnant, it's important to get the whooping cough vaccine to protect your newborn baby, as they are at greatest risk. Young babies with whooping cough are often very unwell and many are likely to need hospital treatment as it can lead to pneumonia and permanent brain damage.

The immunity you get from the vaccine passes to your baby through the placenta and protects them until they are old enough to be vaccinated at 8 weeks old.

You can access a whooping cough vaccine from your GP and through some antenatal clinics. If you are more than 16 weeks pregnant and have not been offered the vaccine, talk to your midwife or GP and make an appointment to get vaccinated.

To find out more visit:

<https://www.nhs.uk/conditions/whooping-cough/>

UPDATING PATIENT RECORDS

As part of our ongoing commitment to ensure the records we hold for our patients are up to date, you may receive an SMS message from the surgery. We would like to assure our patients that these messages are not scams. The message will invite you to follow the link to a questionnaire asking you to confirm personal information such as your smoking status, BMI or ethnicity. If you have any concerns, or if you are unable to open the link, please telephone the surgery and our reception team will be happy to help.

THOUGHTFUL THURSDAYS – CAMBRIDGE ACORN PROJECT

Thoughtful Thursdays in Northstowe is a weekly drop-in for parents/carers of children aged from 5-18. Visit for a hot drink and a chat with counsellors and volunteers from Cambridge Acorn Project who can support you with any difficulties you may be facing. Please visit <https://haysouthcamps.co.uk/support/thoughtful-thursdays-cambridge-acorn-project/> for further information.

**WAITING TIMES**

We apologise that, due to the increased demands on the GP's, there may be delays in being seen for your routine or emergency appointment. Please bear in mind that our staff are working hard to minimise this but it is always advisable to allow a little extra time, just in case.

PRIVATE WORK

The practice is not able to provide fit to participate statements for sporting events or to complete medical reports/forms/questionnaires for sporting activities. The GPs are not qualified sports medicine doctors and not indemnified to provide this type of private work. If this is something that you require then please contact a private GP with expertise in a specific sports area or a sports medicine doctor.

ADULT FLU CLINICS – SUPPORT YOUR SURGERY AND BOOK WITH US**Over 65's Clinics**

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Saturday 14/09/24 at the Willingham Medical Practice

Saturday 21/09/24 at the Longstanton Surgery

Under 65's Clinic

(eligible if you are aged between 18 – 64 and have certain health conditions, are pregnant, live in a care home, are a main carer or live with someone who has a weakened immune system)

Wednesday 18/09/24 at the Willingham Medical Practice

PATIENT PARTICIPATION GROUP (PPG) MEETINGS

The PPG brings together patients, GPs and staff from a GP practice. They meet quarterly to discuss issues relating to their surgery and the services provided to patients. This allows GPs and staff to work with patients to plan services which best meet the needs of the people who use those services. All of our patients are welcome.

The next meeting will be on **Tuesday 13th August, 7pm** at the Willingham Medical Practice

CARERS MEETING AT A NEW VENUE

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 August and Wednesday 4th September** at the Wilford Furlong Centre in Willingham, where we will be holding drop in sessions **between 2pm and 4pm**. Please come along and get some support from other people in the local community. Refreshments are provided, there's no need to pre-book and it's completely **FREE!** Meetings are held on the first Wednesday of every month and for more information please contact susan.lawson7@nhs.net



PLEASE REMEMBER TO TREAT ALL OUR STAFF WITH KINDNESS AND RESPECT. WE ARE ALL WORKING HARD, UNDER EXTREMELY DIFFICULT CIRCUMSTANCES TO ENSURE ALL OUR PATIENTS ARE SEEN AND TREATED IN THE BEST WAY



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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 WPP. 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

Northstowe Badminton Club (£)

Adults social badminton. 18:30-20:00 at NSC.

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 malcolmsavannah233@gmail.com

Social Run

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

Book Club

Meet to discuss books 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. [nouthstowebasketball@gmail.com](mailto: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 cafe coffee machine

Baby and Postnatal Yoga (£)

Have fun with your baby while safely rebuilding your core and pelvic floor, stretching and strengthening. Suitable after your 6/8 week check. 10am and 1pm 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. Suitable from birth. 11:30am 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.

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. guiding@thehays.net

Fastbreak Basketball (£)

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

Huntingdon and Northstowe Hockey Club (£)

NSC AstroTurf, 7pm - 8:30pm. All abilities welcome. Contact huntingdonhockeyclub@gmail.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 Board Games

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

KEEP US UPDATED PLEASE!

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

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.

The Baby Hub

Feeding and weaning, slings and carriers, cloth nappies and pottyting, or just come along for a chat even if you don't need any specific support! 10:30-11:30am alongside the Northstowe Hub Cafe in the Cabin. babyhub@northstowehub.org

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. 4-5.30pm termtime. Free snacks, or add low cost treats from the cafe.

Rainbows

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

Karate Club

Family friendly - Age 6+, children and adults welcome. 6:30-7:30pm in the Cabin. www.northstowekarate.com

Longstanton and Northstowe Limpers

Session starting at 7.30pm 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

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 cafe coffee machine

Baby Massage 5 week course (£)

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

Yoga (£)

An hour to breathe, and be. Suitable for all levels. 12:15 at Northstowe Tap and Social. myyogacorner.uk

Gymnastics (£)

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

Tang Soo Do (£)

(See Monday's entry for details) 4:30pm in WPP.

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

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/compline

FRIDAYS

Acrobatics and Dance

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

Walking for all

A social walk around Northstowe, followed by a free drink. 7 June and 5 July, starting 10:15 at the Cabin.

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 colinhappydo@gmail.com

Northstowe Badminton Club (£)

Adults social badminton. 18:00-19:30 at NSC.

SATURDAYS

ParkPlay @ Western Park Sports Pavilion

FREE Healthy outdoor fun with games for everyone. Join us every Saturday any time between 10:30am and 12:30pm on the Multi-Use Games Area behind WPP. Please register at <https://www.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 Bunty 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 Monthly Market

Brought to you by Northstowe Town Council. Variety of food and non-food traders. 4th Sunday of the month, 10 AM - 2 PM, inside (The Cabin) and outside (The Green) - YOUR local market! 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

ShapeXchange Functional Fitness Classes (£)

Fitness for real life - 45 minute classes to build your strength, stamina, balance and flexibility. 11am in WPP every Sunday morning. Find out more and book now at www.shapeexchange.co.uk/classes

Pathfinder Church Sunday Gatherings

'Praying, exploring, and sharing' intergenerationally. 3:30-5pm PFPS during school term. (Church of England, United Reformed Church, Baptist Union: www.northstowe.church/Sundays)

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

LOCATION ABBREVIATIONS

Cabin

The Cabin, 1 The Green, CB24 1FD

NSC

Northstowe Secondary College, CB24 1DJ

PFPS

Pathfinder Primary School, CB24 1AA

WPP

Western Park Pavilion, CB24 1DA

**FREE!
JUST TURN UP!**

FUN in the PARK!

**Emmanuel
CHURCH
NORTHSTOWE**

SUNDAYS
18th, 25th August
and 1st September
3 TO 4 PM

For children aged 4-9
and their families

WESTERN PARK, NORTHSTOWE

...GAMES, FUN, SKETCHES,
AND A STORY FROM
THE BIBLE...

Pathfinder Way
Wellington Road
Western Park

WHAT3WORDS:
/// CONQUESTS.SUSPENDS.LINES

NORTHSTOWE
Menopause and
Perimenopause Group
All Women Welcome

**COME AND HAVE
COFFEE AND CAKE AT THE CABIN**

Wednesdays 6pm - 7:30pm
July 17 - Yoga
(August 21 - social)
September 25
October 23
November 20

Sharing ideas
Wonder why?
Future guest speakers
Peer support

Connect with others
Share experiences and laugh
Want to understand more?

The Cabin, Pathfinder Way, CB24 1FD

If you would like to be involved, but cannot attend, please email northstowe.community@scambs.gov.uk

Northstowe Community Forum

Find out about ongoing development in Northstowe

Wednesday 11 September
Drop in: 6:30pm | Forum: 7pm
Western Park Pavilion,
Peppercorn Drive, Northstowe, CB24 1BF

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.

Northstowe Treasure Hunt

Saturday 10th August 2024

Pick up a treasure map from The Cabin at 2pm.
Follow the route to answer 10 questions and discover the secret code.
Return to the Cabin before 4.30pm and open the treasure chest.
Free refreshments provided.

Walking for all in Northstowe

The next Social Walk is Friday 6 September starting at The Cabin at 10:15am

Feedback Please
For the last 6 years the Social Walking group has been walking regularly to build exercise and community spirit. Numbers have varied since the pandemic and we are looking for feedback from you as to why people are not joining us.

Too busy? Too fast for us? Wrong day?
Didn't realise we held these anything else?

Please email: northstowe.community@scambs.gov.uk with ideas for future walks

WOW WHAT A GREAT COMMUNITY



We hope you all enjoyed the entertainment, food and activities at the Midsummer Festival - What a fantastic community celebration!

Thank you to our partners Northstowe Arts, Northstowe Foodies and all the other groups who helped make the event such a success and to Homes England activation fund for the funding. We would love to have a similar event again next year. If you enjoyed it and would like to help make this happen scan the QR code to visit our website. Make your business a sponsor, donate funds, volunteer as crew - there are lots of ways to be involved Get in touch!



BABY HUB

During the summer break the group will be meeting informally in the cafe space at the cabin on a Weds morning. Do come along for a chat! Cristina and the team will be back for the group to officially return in September

**Assembly Room 1 The Cabin
Weds 10:30-11:30 Term Time**



The Cabin's raised beds are looking amazing! Thanks again to everyone involved and Keepmoat for funding



Thanks to all our volunteers who make the Hub cafe the welcoming place it is.

We are having a break during August and will be opening more ad-hoc depending on volunteer availability. Keep an eye on our social media and website for updates. When we are not open the coffee machine is available for self service - drop in grab a coffee and browse the micro library whenever the cabin foyer is open.

We will be back for our regular Wednesday and Sunday sessions in September!



northstowehub.org



info@northstowehub.org



northstowehub

SONGS FOR A SUMMER NIGHT

The second concert in Northstowe took place on the evening of Friday 21 June at Northstowe Secondary College, and was given by internationally acclaimed musicians Catherine King (mezzo) and Frances Kelly (harp). It was originally to be held in the school hall, but due to another event in the adjacent dining area which featured quite a loud public address system, the decision was taken at the last minute to move it into the drama studio. This worked very well, giving the concert a comfortable and intimate atmosphere.

The programme consisted of mainly English music ranging from the mediaeval period to the 17th century, plus three (probably later) folk songs and a surprising but magnificent encore – Gershwin's *Summertime*. The composers included William Cornish, the Lawes brothers, John Blow, and Henry Purcell. Both performers talked about the pieces in between, giving some background, and Frances in particular also talked about the instrumental settings. She had brought both a small mediaeval harp and a large floor-standing triple harp, both of which she played to great effect. There is surprisingly little repertoire for the harp, so many of the pieces were originally written for the lute or other instruments.

The concert was greatly enjoyed by all who attended. Sadly, the series will not be able to continue due to lack of resources, but it has been a great pleasure to bring these wonderful musicians (and the equally illustrious Charles Daniels and Elizabeth Kenny, who performed in February) to Northstowe, and I hope that there will be further concerts here in the future when there is more support available for the arts in general.

Makepeace McEvoy

NORTHSTOWE ARTS

The Midsummer Festival was proudly presented by Northstowe Hub and Northstowe Arts, in partnership with Northstowe Foodies and many other community groups and organisations from Northstowe and the surrounding area. With thanks to Community Activation Fund provided by Homes England, administered by South Cambridgeshire District Council, Co-Op Local Cause Fund, sponsorship from Phoenix Events (East) Ltd and Greenbelt Group Ltd



LDHS HERITAGE SOCIETY UPDATE: June - July 2024

5,000 Years of Northstowe's Fen Edge Heritage on Show at the Midsummer Festival

The Midsummer Festival was a fabulous celebration for the growing and vibrant Northstowe Community of today. But how many realised that they are heirs to some 5,000 years of rich heritage as a hub for the south western Fen Edge?

Longstanton & District Heritage Society (LDHS) organised a great showcase of that heritage by bringing together colleagues Dr Oscar Aldred and Chris Wakefield of Cambridgeshire Archaeological Unit (CAU), David Maile and Rory Bourne (AKA Hereward the Wake!) of the Wake Hereward Project alongside Swavesey & District History Society (SDHS) and ourselves.

Hereward the Wake gave a dramatic account of his life as an 11th century nobleman's son before leading the local guerrilla resistance against the occupying forces of William the Conqueror. Later in the afternoon he delivered demonstrations of Anglo-Saxon armoury and of beer making to the attentive crowds.

The indoor displays of finds from CAU's Phase 1 and Phase 2 excavations, the heritage publications of SDHS, the LDHS rolling heritage presentation and the memorabilia selected from the LDHS archives were also very popular. Oscar's talk as to what the Northstowe archaeology has revealed, received much interest.

It was apparent that while many Northstowe residents came knowing little of Northstowe's rich, 5,000 years' heritage in the south western Fen Edge, they left with a thirst for knowing more.

Watch out for future heritage events for all ages!

The LDHS Heritage Questionnaire

We would like to thank all those at the Midsummer event who took the time to complete our Heritage Questionnaire. The responses are really helpful and will help us plan for the future of the Heritage Society, our events and the LDHS Archives. We hope to have a digital version of the questionnaire produced soon. Once available, we will keep members, residents and local councils advised of the details so we can get further responses. Please do contact us if you would like to complete the questionnaire or you would like to assist with the development of heritage provision for Northstowe and the surrounding communities.

The Heritage Society AGM 2024

Usually the Annual General Meeting of the Heritage Society takes place in September, but with a meeting of the Northstowe and Longstanton Heritage Steering Group planned for the end of July, the decision has been taken to delay the AGM until later in the year. This will enable information from the Steering Group meeting to be reflected in discussions at the AGM. Members of the Heritage Society will be provided with further details about arrangements in due course.

If you would like to join the Heritage Society and help influence the direction of heritage provision within Northstowe please do get in touch today. Membership forms can be downloaded from our website or they can be emailed or posted to you. (see details below).



Hereward the Wake in full, dramatic flow.

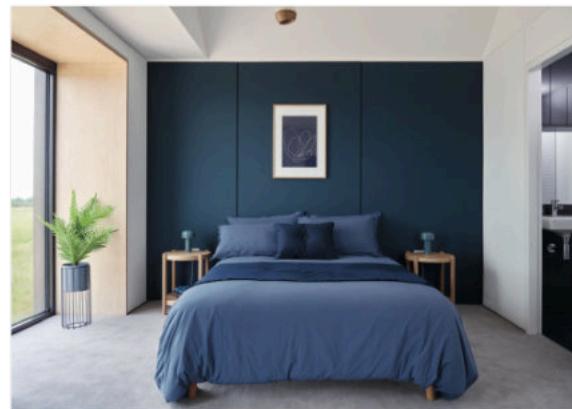


Dr Oscar Aldred of CAU captivatting the audience with his account of what archaeology has revealed of Northstowe's past 5,000 years.



Chris Wakefield of CAU using Northstowe finds to enthrall a potential, future archaeologist.

All images © Roger Hetherington, for LDHS



Family homes to rent in Northstowe

Come and take a look around
Cambridgeshire's newest town, Northstowe.

Here's what to expect:

- Three, four and five bedroom homes available
- Waterpark views, gardens, and balconies
- Eco-friendly features - including solar panels
- Parking and built-in bike storage
- Close to schools for all ages
- Great transport links

Book a
viewing now



Call Urban Splash on
0333 666 9999 or email us
at live@urbansplash.co.uk

Eid Al Adha & Midsummer Festival

Northstowe Muslims celebrated Eid al-Adha, also known as the "Festival of Sacrifice," on 16th June 2024. Eid Al Adha is one of the most important Islamic holidays. It commemorates the willingness of Prophet Ibrahim (Abraham) to offer his son Isma'il (Ishmael) as an act of obedience to God. Here are common ways of celebrating Eid al-Adha:

- Prayer and Mosque Attendance:** This year's prayer also known as Salat al-Eid, was held for all Cambridge Muslims at Parker's Piece. Despite the rain forecasts, thousands of people got together to pray in congregation.
- Sacrifice (Qurbani) & Charity:** One of the central aspects of Eid al-Adha is the act of Qurbani (sacrifice). The meat is then divided into three parts: one-third for the family, one-third for relatives and friends, and one-third for the poor and needy. The idea is to ensure that everyone can celebrate Eid and have food on their table.
- Feasting and Meals:** This year NM organised their 'Community Eid Celebrations' on the 21st of June 2024 at Northstowe Secondary College. It was a lovely gathering, where families, friends and neighbours got together to strengthen social bonds and celebrate together. We had the lead Imam Sejad Mekić from Cambridge Central Mosque and Clare Gibbons, Growth Manager Communities from South Cambridgeshire District Council, as our guests. Imam Sejad talked about the role of Islam in the day-to-day life of Muslims, while Clare talked about how different faith groups are working together as part of Faith strategy group. Imam Sejad in his soulful voice led the prayers for both Asar and Maghrib. We had several kids' activities, such as a 'Theatre on Hajj' organised through Islamic Classes and 'Decorate the lamb cake' by community volunteers. The adults had a 'Pass the mic session' where everyone introduced themselves and then nominated someone. The food as usual was another highpoint of our celebrations. Several food dishes prepared by the community had tastes from a wide spectrum of cultures, showcasing that how diverse yet united the Muslim Community (Ummah) is in Northstowe and the adjoining villages.

Midsummer Festival: The very next day on 22nd June 2024, Northstowe Muslims participated in the Midsummer Festival organised by Northstowe Arts and served water, soft drinks, biscuits, watermelon, donuts, etc to everyone for free.



Website: www.northstowemuslims.org

Twitter: <https://twitter.com/NorthstoweM>

Facebook: <https://www.facebook.com/Northstowe-Muslims-111484854961736>

Instagram: https://www.instagram.com/northstowe_muslims/

Hindu Samaj Northstowe (HSN)

We have been busy couple of months, filled with vibrant celebrations and meaningful rituals. These events have strengthened our bonds and showcased our rich cultural heritage.



Satyanarayan Katha & Homam

Last month, we celebrated the first-ever Satyanarayan Katha and Homam in Northstowe, marking a significant spiritual milestone. This sacred fire ritual allowed us to express gratitude to Ishwar and seek blessings for our community. Through this ceremony, we prayed for strength, positivity, and guidance in our future endeavors. The event fostered a sense of unity and reinforced our collective hopes and aspirations, bringing our community closer together.



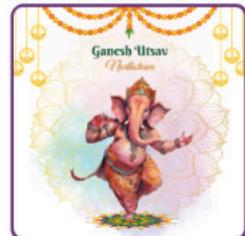
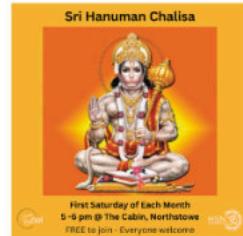
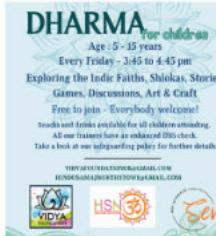
Guru Purnima

In July, the young members of our Dharma Club will celebrate Guru Purnima, honouring the teachers in our community for their invaluable guidance and dedication to nurturing wisdom and learning.

Guru Purnima is a special day to thank and honour our teachers and spiritual guides. It highlights the important role of mentors in our learning and personal growth.



Ganesh Chaturthi will be celebrated in September by Northstowe community
We will posting more details on our social media soon.



- [HSNorthstowe](#)
- [hindusamajnorthstowe](#)
- [fb.me/hindusamajnorthstowe](#)
- hindusamajnorthstowe@gmail.com
- hindusamajnorthstowe.co.uk



* PATHFINDER CHURCH * LITTLE EXPLORERS * COMPLINE COMMUNITY *

Looking Back

This Summer, we've enjoyed being part of community events. Coordinating the Great Big Green Week Litter Pick proved two things: it's getting harder to find litter in Northstowe (hooray!) and Northstowe always rises to a challenge - we managed to find 25 bags all in! Thank you to our partners from Northstowe Hub, Sustainable Northstowe, Northstowe Scouts and Northstowe Town Council. Our passion for environmental sustainability is also inspiring our joint project with The Pathfinder CofE Primary School where we are developing the conservation area - the wild flowers are bursting with colour!

We took the Deckchair Listening Project to the brilliant Midsummer Festival where we hosted big conversations - and big community art! - marking the highlights of the year so far (as rays of sun) even as we named the challenges (raindrops). Then, at The Pathfinder School Fayre, we invited children and adults alike to take some time to reflect while walking a temporary labyrinth, before using sand or paper to help us work on designs for something more permanent.

Summer Adventures

During the School Holidays, all three of our worshipping communities pause their regular patterns, and come together for Sunday breakfasts, a trip to the Greenbelt Music Festival (in Kettering Aug 22-26th), and a start of term BBQ. Why not try something different this summer, and join in?

Looking Ahead to September

We are a network of small and friendly worshipping communities - each with their own character and style. This offers both flexibility and space for everyone to feel like they belong. It is also important to know you are part of something bigger: so we love to find opportunities for everyone to come together for social action, shared meals, community events or special worship events.

Autumn Term Time Church Gatherings

Compline (Night Prayer) from Sept 5th fortnightly on Thursdays at 8pm (venue on request)

Pathfinder Church's Sunday Gatherings from Sept 8th 3.30-5pm in The Pathfinder CofE Primary School

Little Explorers from Sept 12th 9.15-10.45am on Thursdays in The Pathfinder CofE Primary School



SUMMER SUNDAY BREAKFASTS



SUNDAYS
10-11.30AM
21ST JULY - 18TH AUGUST
@ The Pathfinder C of E Primary School

Join us for breakfast, community, and a springboard to worship: something different as the whole Network gathers

AFTERNOON TEA BARBECUE



SUNDAY 1ST SEPTEMBER
3.30PM - 5PM
The Pathfinder C of E Primary School

Your chance to simply be with friends and soon to be friends over BBQ food. Meat and veggie options available. RSVP appreciated.



NORTHSTOWE CHURCH NETWORK

praying, exploring, and sharing

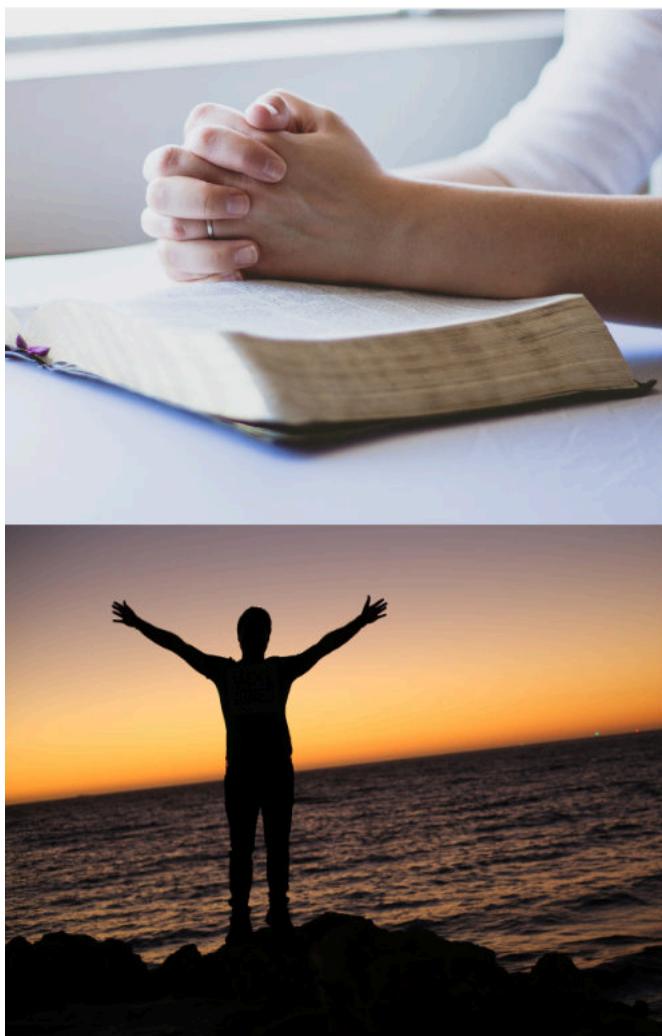
Registered Charity Number 1206577



The Northstowe Church Network (Pathfinder Church, Little Explorers, Compline... so far!), led by Revd Beth Cope and Revd Stephen Dove, is a partnership of the Church of England, United Reformed Church, and Baptist Union, and shares a vision with Methodists and Quakers. But we come from all Christian traditions as well as those new to Christianity: together we are pilgrims on a journey, asking questions and exploring the connections we find between everyday life and our spirituality.

Emmanuel

CHURCH
NORTHSTOWE



Prayer

According to a national survey (ComRes1 for Christian relief & development agency Tearfund) 51% of adults in the UK pray. That matches our own small survey of local residents, where 30 out of 43 people willing to take a survey said they either prayed or had spiritual experiences.

Prayer is an instinctive human calling out to the “something greater” that sustains the universe. But we also wonder if we’re doing it right or getting through to the “something greater”. That’s natural, since we cannot see the “something greater”, God. When Jesus’ followers asked him: “Lord teach us to pray” (Luke 11:1), Jesus responded by teaching his followers the prayer that begins “Our Father in heaven...”.

If you’d like to learn more about prayer and how to connect with God in prayer, you would be very welcome to join us any Sunday morning, or email (see below) to ask for advice and resources for prayer.

If you’re a Christian living in Northstowe, and would be interested in gathering with other Christians in Northstowe to pray, then please get in touch. We can let you know about existing prayer meetings, and if there is interest maybe something new can form to pray for God’s blessing and kingdom in Northstowe.

Emmanuel Church normally meets every Sunday 10:30am at Northstowe Secondary College. If you have any questions about Emmanuel or want to get involved, please visit us any Sunday

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

GAME OF THE MONTH

Next Station is a series of games about designing city transport systems, first in London, then Tokyo, and now the newest version has just come out which is set in Paris. They are Flip-and-write games, a style that has grown in prominence in the last few years: a card is revealed to the whole table, and all the players have to react to it by drawing something on their game sheet.

Each player has a different coloured pencil, each colour representing a different Metro line. When a symbol is revealed, you can extend either end of your line to a station with the matching symbol. Your lines can only cross each other at specially marked points, so you need to be careful to avoid boxing yourself in. When all the blue cards have been revealed, you count the score for that line: multiply the number of districts you've visited, by the number of stations you've visited in any one district, so you need to do both to get a good score. Then the players swap pencils, and play another round until everyone has drawn their lines in all four colours. Finally there are some bonuses to aim for, for things like visiting a certain number of tourist destinations or having many lines meet at the same station.



Next Station is easy to explain and takes about half an hour to play. One lovely point about its design is that, even though all players get identical maps to draw on and see the same cards in the same order, because you're using different pencils you each get a slightly different puzzle to solve, and players don't end up all just duplicating the same answer. We like it because every choice affects what you'll be able to build in the future, but there aren't so many possibilities as to make every decision agonisingly complex.

Paris is a bit easier to play than the previous games in the series, as the map has a lot of destinations that can be reached with any card, meaning that you don't often

find yourself stuck and unable to draw anything on your turn. (*London's* map is less forgiving of mistakes, and it can be difficult to build your final route as it weaves its way between wherever you've built the first three). But that doesn't make it any less of a challenge to find the optimal paths and beat the scores of your opponents.

Can you build the superior metro network, or will your reputation as a civil engineer end up buried underground? Find out by playing *Next Station: Paris* on boardgamearena.com, or join us on a Tuesday evening – see the details below.

Andrew and Sarah Collier



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:

August 20th and September 17th

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

Could you make....   ?

If so, or if you'd maybe like to learn about playing Bridge in Longstanton for a few hours on Wednesday evenings, or just give it a try, we would absolutely love to welcome you to our friendly sociable [Longstanton Bridge Club](#).

We're trying to build up our numbers again after the Covid years, so if you fancy a (slightly) competitive game, some friendly banter, coffee and biscuits DO come and meet us or contact Jan on 01954 231250 for more information.



Do come along

Wednesdays at 7pm until about 10pm
The Dale Community Room
The Dale
Longstanton
CB24 3DH





An update from Fen Drayton Lakes



Lapwing chick – Andy Hay (rspb-images.com)

Now that we are halfway through the year, winter feels like a very long time ago. Despite this, its lingering effects can still be seen at the reserve.

As well as being a nature reserve, Fen Drayton Lakes is classified as a reservoir on the River Great Ouse floodplain and has a role in holding water during periods of flood to protect the nearby villages and relieve some of the pressure further downstream. As river levels rise, drainage ditches that run through the reserve bringing water from the surrounding area to the river can't empty out and begin to overspill into the lakes, sometimes also flowing backwards away from the river during particularly large flooding events. A series of ditches and large culverts under the Cambridgeshire Guided Busway link many of the lakes to their neighbours. So as the western lakes fill from the river, they start to flow out and fill the next lakes heading eastwards (downstream). In smaller floods some lakes remain unaffected by rising levels, but other times the whole reserve can go under.

Last winter we experienced our largest flood in many years. All of the lakes were connected with water flowing across the majority of our footpaths and entry road. The effects of this flooding lasted well into the summer with lake levels still higher than usual and areas of grassland still wet throughout June and into July.

While prolonged flooding caused us a bit of a headache with various pieces of work and site management becoming difficult or impossible, there have been benefits too.

Both Redshank and Lapwing nested this year on the flooded fields of Middle Fen, raising chicks in areas that would usually be too dry. It has been fantastic to see these species in a new area away from the lakes where we would expect them to be.

Upcoming events at Fen Drayton Lakes

Wild(ish) Camping for Groups - A unique opportunity for groups to camp on site.

Wednesday Wander Guided Walk - Join our knowledgeable volunteers for a walk around the reserve.

To see further details and book for the events mentioned above, please visit: events.rspb.org.uk/fendraytonlakes

Volunteering opportunities

We are looking for new volunteers to join our visitor engagement team here at Fen Drayton Lakes. In this role you will be giving visitors a warm welcome and finding out how you can help them enjoy their visit. To find out more, please get in touch.

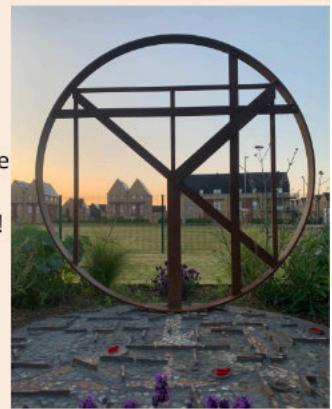
Email: fendraytonlakes@rspb.org.uk

Visit 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

SYMBOL FOR NORTHSTOWE

Although not in its permanent alignment with the summer solstice, I thought I'd get up ridiculously early to get some shots (and bird song) for the sculpture's first Midsummer! Find out the History of settlement in Northstowe as told through this sculpture designed with its current occupants!



<https://www.northstowearts.co.uk/projects/heritage-art-project>

'the making of art is a social, not a purely personal activity...Art cannot be understood outside its social context.'

Chloe Leaper



OVER PLAYERS



The Over Players Panto is announced. This year we will be performing the well-loved story of the spellbound sleeping princess, Sleeping Beauty.

For those new to the area, The Over Players is our local Amdram group, drawing membership from a very wide area including Willingham, Swayesey, Longstanton and Northstowe to name just a few.

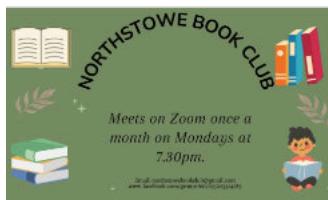
Are you keen to tread those boards? Maybe you prefer to be involved behind the scenes, perhaps you are interested in make-up, costumes, stage set construction or the technical side. Or maybe helping during the performances as stage crew, musician or chaperones? We are a lovely group and open to anyone year 7 or above (we have no upper age limit!). You will be given a very warm welcome in whatever capacity you are keen to try.

There are many opportunities to be involved so check out these dates for your diary. All events will take place either at the Church Hall in Over or at the Over Community Centre.

- **4 September** Read Through 7.30-10pm
- **8 September** Performance Workshop 4pm-7pm
- **11 September** Open Auditions for lead roles (no audition for chorus members) from 7pm
- **18 September** First Rehearsal
- **10-14 December** Show dates

Contact secretary@overplayers.uk for more information.
Let the magic begin!

BOOK CLUB



We have started to meet again in person to see if this is more popular. If you are someone who requested this do join us. We meet in different venues, so send a message to find out where we are next month. We read lots of genres, children's books, contemporary novels, classics and a wide variety of non-fiction. Do feel free to come along regularly, or when a particular book we are reading appeals to you.

northstowebbookclub@gmail.com

Monday 12th August The Lion Above the Door by Onjali Q Rauf

This is a children's book by the brilliant author of The Boy at the Back of the Class. Leo and his friend Sangeetha are the odd ones out at school in their small village. They don't think their school's studies on World War Two will be relevant to them, but Leo is surprised when he sees his own name on a list of war heroes. Likeable characters and thought-provoking themes are common in this author's novels.

9th September Burn: the Misunderstood Science of Metabolism by Herman Pontzer

Synopsis: A myth-busting tour of the body's hidden foundations from a pioneering evolutionary biologist. Why do so many diets lead to weight gain? Do more active people have faster metabolisms? Is exercise essential for weight loss?

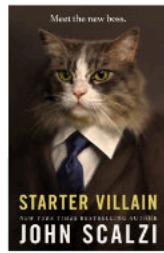
14th October Someone Else's Shoes by Jojo Moyes

Who are you when you are forced to walk in someone else's shoes? This is the story of two very different women, one wealthy, one scraping by, both in crisis, whose lives collide when Sam accidentally picks up Nisha's gym bag at the gym.

11th November Women Who Run With the Wolves by Clarissa Pinkola Estes

Synopsis: The "wild woman" is the wise and ageless presence in the feminine psyche that gives women their creativity, energy and power. This book aims to give contemporary readers a new sense of direction, self-confidence and purpose in their lives.

BOOK REVIEW



Starter Villain by *John Scalzi* is a sci-fi comedy novel following Charlie, an underemployed and financially-struggling former journalist and substitute teacher in contemporary America who just wants to be able to continue living in his family home and buy and run the local pub. Then, upon the death of his estranged uncle, he inherits his uncle's role as an undercover supervillain. In the process, he also discovers that his two cats Hera and Persephone are super-intelligent secret agents, his uncle had also bred super-intelligent dolphins as guards for his volcano lair, and he now has ready-made rivals and enemies in the form of the supervillains of the Lombardy Convocation. He has to protect his new business, friends, and colleagues and also keep himself alive.

The book is quick-paced and extremely enjoyable, with surprise humorous moments despite the fact that there are plenty of plot elements that could easily get very dark. Charlie is a compelling protagonist, keeping hold of integrity, fair-mindedness, and a desire to do the right thing despite the curveballs being thrown at him, and despite being constantly overwhelmed by the situation it's very clear that his actions and decisions are key to the resolution of the story.

The plot is complex with a lot of twists and turns and there are several violent scenes, including a terrorist attack on a hotel, but the descriptions aren't overly graphic. There is also a significant amount of swearing. I would recommend it for the older end of YA to adult.

Becca Edney

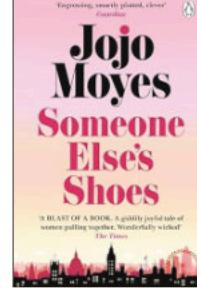


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Youth Updates

from Northstowe Youth Hive and Romsey Mill



ROMSEY MILL

The Northstowe Youth Hive is about more than just a youth club: we are here to empower young people of all genders, backgrounds, faiths, and sexualities to have fun, develop, and make a difference.

We are a locally constituted charity, with volunteer trustees working in close partnership with the professional expertise of Romsey Mill through Emma Whitbread - Northstowe's Youth Development Worker,

LOOKING BACK

This term, the 4-5.30pm Wednesday Youth Club has enjoyed doing a wide variety of activities including making key rings with water breads, having a go at pottery, growing sun flowers, learning origami, creating colourful artwork which we can put up in the Cabin during our session. Young people have enjoyed using the Cabin's garden space more, often playing games of football and cricket together.

A highlight was a session at Western Park for the afternoon playing group games such as dodgeball and rounders. This was a big hit and young people have asked to do this again.

In June we had Romsey Mill's Celebration Evening where young people were nominated for awards for their individual achievements. It was fantastic to celebrate the young people alongside their family and friends.

YOUNG PEOPLE'S VOICES ARE HEARD

As a team we encourage young people to take leadership in what their youth club sessions and support look like. The ideas for activities, trips and resources come from the young people and we try our best to turn them into a reality. We are always keen to hear from young people about what is important to them and what they feel would be helpful within their community - do get in contact with us if you have new ideas!



LOOKING AHEAD TO SUMMER AND BEYOND

We are looking forward to welcoming the new year 7's to our youth group in September. We will be holding drop-in sessions over the summer for them to join with our current young people who attend our Wednesday youth club.

Throughout the holidays Emma and Sarah-Jayne will be around Northstowe doing some detached work - meeting young people out in the community. Do say Hi if you spot them!

Over the summer the young people have asked to do a couple of trips so we will be having lots of fun at an Aqua Park and rides at Wicksteed Park, as well as more local fun such as sports on Western Park and S'mores and discussion around a campfire.

FOR UPDATES OVER THE SUMMER FOLLOW US ON SOCIAL MEDIA



@northstowe_youth on Instagram



Northstowe Youth Hive on Facebook

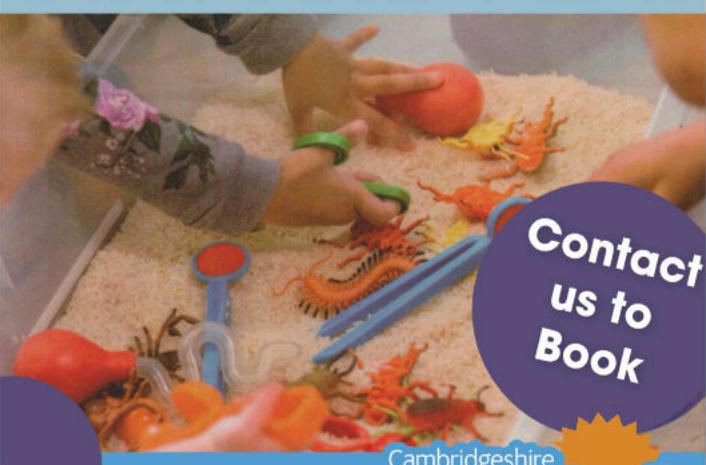
VACANCY: Treasurer needed*

The Youth Hive are looking for a volunteer to help establish local fundraising (including gift-aid), support grant applications, and fulfil treasurer responsible for our small local charity

* this light-weight role can be entirely behind-the-scenes and fit flexibly around your main work-life commitments

Get in touch for more info: emma.whitbread@romseymill.org or youth@northstowe.info or follow @Northstowe_youth on Instagram

STAY AND PLAY



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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

Little Explorers

Time
for you,
your child,
and God

Thursday from
12th Sept 2024
at The Pathfinder CofE
Primary School
9:15am: free-flow & breakfast
9:45-10:45am: main session



Northstowe

Secondary College

We continue to be very busy in school as we head towards the end of term and prepare for the new academic year!

One of our Trust values is 'extending the boundaries of learning' and students have had a number of enrichment and curriculum linked trips and activities this term. In July, some Year 9, 10 and 11 students had the incredible opportunity to visit South Africa as part of the Geography curriculum. They were able to meet people and see places, landscapes, cultures and ecosystems, which was a once-in-a-lifetime experience. The trip certainly helped students understand more and appreciate the world they live in. Some of our other Year 9 History students headed to Ypres in Belgium to broaden their understanding of medicine in the trenches of WWI, which forms a specific section of their 'Medicine Through Time' exam. Year 7 have visited Warwick Castle and had the chance to walk around the castle, on the battlements and see the dungeon as well as watching a falconry display. Our Year 7 were polite, making way for other visitors and listening to instructions and demonstrating our NSC values of Kind, Curious and Hardworking all day. Year 8 students had a fabulous opportunity to visit Harry Potter World and do a workshop on scenery and costumes. It was a great day out, where students got up close to real life Harry Potter items. We know that education is broader than just the academic subjects and we have had a number of careers events for all years, as well as our Year 10s completing their work experience placements back in July. Thank you to all employers who hosted a work experience placement for our students, we really appreciate your support.



Our sports department have also given our students a number of opportunities too. In June, some of our students took part in the Meridian Trust Athletics Festival. This event saw all secondary schools from the Trust competing at Bedford International Athletics Stadium. The event was busy with approximately 500 students competing. We are so proud of all our students.



We were so impressed at the Meridian Trust East Hub Secondary Performing Arts Showcase in June, when secondary students came together from the Eastern section of the Trust to put on a phenomenal performance, including show songs, choirs, dance, drama and solos!



It is a very exciting time of year for us as we welcome not only our new Year 6 students to the college this year, but also our Year 12 students who will be joining our Sixth Form and a Reception cohort starting at Northstowe Primary School in September. Having just had our first cohort of Year 11's leave us, it was wonderful to see them having fun at their well earned Leavers Day and Prom, after a long exam season. We wish them the very best of luck with their results in August.

We wish all of our families and community a happy and healthy summer, and look forward to seeing our students back to school in September!



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Northstowe News

Annual General Meeting

The committee of volunteers who produce the Northstowe News will hold their AGM on

September 2nd
At 7:30pm in The Cabin

Anyone living or working in Northstowe is welcome to attend.

Come to hear about what we've done this year, the problems we've worked through and to help us shape our plans for the future.

PUZZLES AND COLOURING



Beach Maze

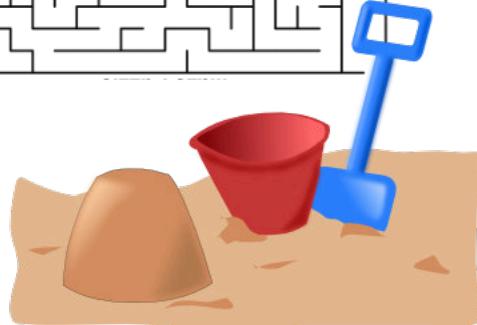
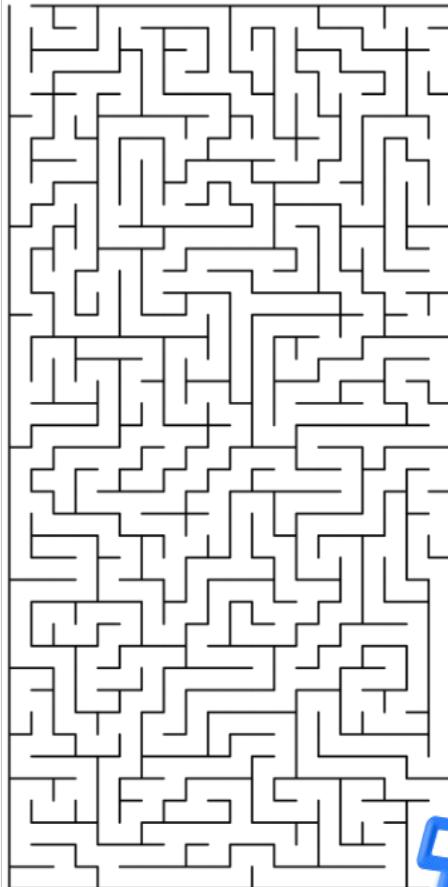


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