

Northstowe News

By Northstowe Community – For Northstowe Community

Issue 29

October / November 2023



News and Updates

EDITORS' WELCOME

What a great summer it's been! Since the last issue went to print, the new Temporary Community Centre adjacent to The Green has opened, and already there have been dozens of events, social groups, town council meetings and more things happening inside. Hopefully the momentum will only build as more time goes on. The running festival was another summer success, with beautifully warm weather and a great turn-out for all the stalls, food and live music (not forgetting the actual races!).

As we move closer to the end of the year, leaving the lovely summer memories behind us, we can look forward to Winter Festival and more community events. Where will we see you next?

Want to advertise in Northstowe News?

Over 1500 copies of each issue are delivered, a free magazine to every residence in Northstowe. If you want your business to be included, contact janetpendrill@gmail.com for more details. Annual discount rates are available.

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Front Cover photo by Graham Hodgson

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 December / January issue is November 1st.

HOUSEHOLD BIN COLLECTIONS

Northstowe's bin collection day has moved to Friday.

Bins are still collected once every two weeks.

Friday 6 th October	Black Bin
Friday 13 th October	Blue and Green Bins
Friday 20 th October	Black Bin
Friday 27 th October	Blue and Green Bins
Friday 3 rd November	Black Bin
Friday 10 th November	Blue and Green Bins
Friday 17 th November	Black Bin
Friday 24 th November	Blue and Green Bins



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

COMMUNITY DEVELOPMENT OFFICERS

Michele Eidevik-Skinner and Mihaela Stan



It has been a busy time in Northstowe with the Temporary Community Centre being used by groups and residents for celebrations, meetings, community events, and the Community Lounge. The café area has provided an ideal place for people to socialise, and the micro library provided the opportunity for children and adults to engage in some summer reading. If the weather is good, the outdoor area can be used if you have hired one of the Assembly Rooms. For information on room hire, room size, room capacity, cost, and availability, please go to:

[www.scambs.gov.uk/
community-safety-and-health/
northstowe/temporary-community-centre/](http://www.scambs.gov.uk/community-safety-and-health/northstowe/temporary-community-centre/)



for the Calendar of Events, you will need to scroll down the page. If you want to arrange a visit, talk to a Community Development Officer or volunteer for one of the many groups in Northstowe please come and see us on a Tuesday, Wednesday or Thursday between 9:30am and 4:30pm or email

Northstowe.community@scambs.gov.uk to make an appointment.

We attended the Running Festival on Saturday 2 September, talking to residents and shouting support for the runners off the start line. On Saturday 9 September we supported the start of ParkPlay on Western Park in Northstowe, a free community activity which involves inclusive games for all generations allowing people to connect and have fun. This event should be running every Saturday morning, if you would like to volunteer please come and see us or email. We also promoted Northstowe activities, present and future, during a celebration event for residents at the Inholm Development by Urban Splash.

The first Community Forum to be held at the Centre will be on Wednesday 4 October, the dates for the next Community Forums in 2024 will be announced on the South Cambridgeshire District Website, along with the Forum notes on:

[www.scambs.gov.uk/
community-safety-and-health/
community-forums/northstowe-community-forum/](http://www.scambs.gov.uk/community-safety-and-health/community-forums/northstowe-community-forum/)



HALLOWEEN THROUGH THE AGES

The legend of the vampire is most strongly associated with Eastern Europe, partly due to the popularity of Dracula. Indeed, most of the records we have today of medieval beliefs in what we would recognise as vampires - the walking dead, roaming by night to drink the blood of the living - come from Eastern Europe. However, Western Europe also had its fair share of stories about "vampires".

The Icelandic Draugr has also been described as a vampire, though most appearances of the creature in sagas do not mention drinking blood and it appears to be more like what we would recognise as a zombie. However, one particular draugr, Thorolf Lame-foot of Eyrbriggja Saga, was described as killing people he encountered as well as terrorising animals.

In the 1100s, William of Newburg wrote in his Historia rerum Anglicarum, or History of the English Peoples, about multiple eyewitness accounts of dead men coming back to life. In one case the man roamed the town by night frightening first his wife and then other members of his family and disturbing their animals until the local bishop wrote a letter of absolution which was buried in his grave.

Becca Edney

We've had great Halloween fun in Northstowe in previous years. Here are our top tips to keep Halloween safe and fun for everyone!

If you're out "trick or treating", DO stay in groups with a grown-up. DON'T knock on strangers' doors if they haven't put any decorations out.

If you're at home, DO put out a pumpkin or other spooky ornaments if you'd like to participate!



- LANDSCAPING
- DRIVEWAYS

- PROPERTY MAINTENANCE
- INTERNAL RENOVATIONS

01954 720 222



DISTRICT COUNCIL



CLLR. NATALIE WARREN-GREEN

It's been an absolute privilege to have now personally been a runner in the Northstowe Half earlier this year, and the Northstowe 10k at the running festival in September. The enthusiasm of Northstowe for health and fitness and community spirit is contagious. I'm also pleased to continue to volunteer at the market as plans continue to form for retail, and I intend to help out at the community café in the community centre. My casework for residents is varied and productive too, and I am pleased to be able to match residents with South Cambridgeshire District Council (SCDC) officers to resolve situations that need to be managed. Please keep contacting me.

In the meantime, here's some financial and health related information as we enter the colder, darker evenings:

Council tax: A couple of things:

1. Registering for an online account would help the Council spend more on vital services rather than paying for postage. South Cambridgeshire residents can also sign-up to receive their Council Tax bill online <https://www.scamps.gov.uk/your-council-tax>.

2. Support is available if residents are struggling to meet Council Tax payments. Visit the South Cambridgeshire District Council website for details. <https://www.scamps.gov.uk/council-tax/what-council-tax-discounts-and-support-can-i-get/>

Autumn Covid booster announcement: The Joint Committee on Vaccination and Immunisation (JCVI) has announced its advice on who will be eligible for a COVID-19 booster vaccine in autumn 2023. **The following groups be offered a COVID-19 booster vaccine this autumn:** Residents in a care home for older adults; all adults aged 65 years and over; persons aged 6 months to 64 years in a clinical risk group; frontline health and social care workers; persons aged 12 to 64 years who are household contacts of people with immunosuppression.

And, as an active member of Northstowe Delivery Group, **the expansion of the Cambridge area**, is something else that it would be remiss of me not to mention. This is the extraordinary announcement by Michael Gove of the expansion of the Cambridge area on a completely unprecedented scale. Plans by the Government for a major expansion of dwellings, along with scientific research space, in and around Cambridge were leaked to the national press in mid-July. **None of the local authorities affected had been informed or consulted about these plans.** A formal announcement was made by Mr Gove on the morning of Monday 24 July:

"Proposals will see Cambridge supercharged as Europe's science capital, addressing constraints that have left the city with some of the most expensive property markets outside London, and companies fighting over extremely limited lab space and commercial property with prices that rival London, Paris and Amsterdam..."

This is extremely significant news for our area, already struggling with water stress and huge transport deficits, as well as an acute shortage of affordable housing. The original leak referred to 250,000 additional homes in Cambridge. The announcement by Mr Gove neither repeats these numbers, nor offers any others. It is not specific about the geographical extent of the plans.

To our already five tiers of local government (parish, district, Greater Cambridge Partnership, county, Mayoral combined authority) the announcement adds a sixth layer, to which it is unclear how the others will relate. Large amounts of work have already gone into development planning for Greater Cambridge (Cambridge and South Cambridgeshire) by the respective local councils, with a robust evidence base and following local consultation. SCDC will continue to engage, and I will keep a close eye on the impact this may have on Northstowe to keep residents informed.

If you would like to catch up with me at all when I'm in Northstowe at the weekends or in the evenings, please do contact me by email and let's arrange a time to meet at the Interim Community Centre. Email: cllr.warrengreen@scamps.gov.uk



CLLR. TOM BYGOTT

Naming of the Northstowe Southern Access Road West (SARW)

As catchy as the current temporary name may be, the South Cambridgeshire District Street Naming and Numbering team and Homes England are currently in the process of choosing a new name for the road that has been built, but not yet opened, to connect the Northstowe Town Centre with the B1050 south of Longstanton. The road partly follows the route of the old runway, but will extend outside the perimeter of the old airfield and also contain addresses for houses, shops and other buildings.

The first name that had been suggested was 'Vickers Varsity Way', named after the Vickers Varsity, a type of aircraft manufactured by the Vickers company that had been operated on the airfield by the Royal Air Force from 1951 to 1976. An objection was received for that name, but I have not been told what the reason for that objection was. The next official suggested names were 'Farmland Road' or 'Wheatsheaf Way'. Given that most of the country is covered in farms and that most of them grow wheat, I think that they are feeble and geographically anonymous, and fail to convey the importance that that road will one day have as the main entrance to Northstowe.

Since then, a resident of Longstanton has suggested the names "Queen Elizabeth II Avenue" or "King Charles III Avenue". I fully support both these suggestions. The Royal Family has had a long connection with the airbase: His Majesty learnt to fly at 5FTS Oakington, was based at RAF Oakington and had his 21st birthday photographs taken there in 1969.

Four day working week

South Cambridgeshire District Council (SCDC) hit the national headlines recently regarding its controversial trial of a four day working week on full pay for its office staff. South Cambridgeshire is the first council in the UK to experiment with introducing four-day working week. There is a 4-Day Week campaign group, and a handful of private companies have experimented with it; a recent trial included 61 companies, but this is an infinitesimally small fraction of the estimated (at the start of 2022) 5.5 million private sector businesses in the UK and even of the approximately 43,600 business with 50 or more employees.

Local Government Minister Lee Rowley warned SCDC in a recent letter that giving staff an extra day off each week is unlikely to provide value for money to taxpayers. He said: "Whilst some private sector organisations may choose to experiment with their own capital and capacity regarding 'four-day working weeks', local government should not do the same." He said such an approach could breach the council's legal duties under the Local Government Act. The Department for Levelling Up, Housing and Communities will "shortly be issuing clear guidance" on the matter, he added.

Despite receiving this warning, the leadership of the council are continuing with their experiment and its extension to bin collection crews. The Council has advertised for extra collection crews, as employee numbers need to be expanded to do five days' work in four. The direct cost to council taxpayers of having to employ more staff and buy more bin lorries to collect waste in four days rather than five would be over £100,000 in the first year, rising to over £200,000 in the second year. The council claims to be able recover these increased costs through lower levels of staff absence and reduced use of agency staff. As I have said previously, I am sceptical of the arguments put forward by the council administration and do not support the trial.

In reply to the letter from Lee Rowley, Cllr Bridget Smith, Leader of South Cambridgeshire District Council, wrote: "I was surprised to receive Mr Rowley's letter and we have written to him to request a meeting with Ministers to discuss this matter. This is a trial, but we have already seen strong independently assessed evidence which showed that performance was maintained, and in some cases improved, in the first 3 months."

"At the start of our trial we were carrying a £2 million annual agency bill. During the first 3 months of the trial, we filled four permanent posts that had previously been impossible to fill. This has reduced our annual bill by £300,000."

CAMBRIDGESHIRE COUNTY COUNCILLOR



CLLR. FIROUZ THOMPSON

Early Years providers

Earlier this year, I presented a motion to CCC Full Council, addressing Childcare in Domestic Premises, prompted by my experiences during the Phase 1 Northstowe development. The motion gained unanimous approval from the Council. Follow-up motions were taken by LibDem Councillors Natalie Warren-Green to South Cambs District Council and Ingrid Flaubert to Cambridge City Council, both of which were also unanimously supported.

These motions tackled the issue of house builders imposing restrictive covenants on their properties, which prohibited residents from running home-based businesses, including childcare services. Our innovative approach led to a round table discussion with the County Education Officer, the Minister of Children and various house builders. The Telegraph recognised our efforts as pioneering, and soon after, the government took action. On 21 August, the Children's Minister wrote to developers, social landlords, and housing associations, urging them to allow childminders to operate from their properties. This marks a significant local achievement, with our influence extending to national policy.

I remain committed to advancing this cause to increase the number of childminders. Accessible childcare in our community is vital. Unfortunately, Northstowe recently lost its only childminder, Hanna Lumley, who closed her business after 17 years of service. I extend my heartfelt thanks to Hanna for her dedication to our community.

If you are considering becoming a childminder, please reach out. There is a £600 grant available to assist with setup costs, and you won't have to repay it. <https://tinyurl.com/49y5fxcb>.

Contact: firouz.thompson@cambridgeshire.gov.uk

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

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

NORTHSTOWE TOWN COUNCIL

TOWN MAYOR, CLLR PAUL LITTLEMORE

Hello Northstowe! It has been quite an eventful summer with the opening of the Interim Community Building at the end of July. It's been great to see just how quickly so many groups have established themselves in the building, the Town Council now has an office in the building where our Clerk and Deputy Clerk can work from as well as becoming the venue for our monthly council meetings. I was also invited to see progress on the Sports Pavilion in mid-July after visiting last for the steel signing and time capsule being buried back in April. Work is well underway, and I can't wait to see the facility open its doors to the public.

September sees the start of ParkPlay, a completely free to attend weekly sports and games session for all age groups held in the Western Park on a Saturday from 09:30. ParkPlay do ask that you register in advance of attending at <https://park-play.com/register>

On the 4th October the next Community Forum will be held, these are a really good way to find out about how plans for the Town are progressing, as well as being able to ask questions of the developers and Council organisations.

As always, if you have anything that you wish to raise with the Town Council, please get in touch with Mark, our Town Clerk (townclerk@northstowetowncouncil.gov.uk) and there is always a standing item on our agendas for public participation. Our full council meetings are held on the 4th Tuesday of every month in the Interim Community building.

TOWN CLERK, MARK NOKKERT & DEPUTY CLERK, PETRA SAWYER

Being Closer to the Community.

Well, we have completed 4 months of the 6 month Pilot phase of the weekly Market, which is due to end on the 22nd October. Some weeks more people have visited than others, but since we have been recording footfall, up to the end of August we have had on average 166 people weekly. Our weekly, bimonthly and monthly traders supplying Fruit & Veg, cakes, cookies, traybakes, Indian Bubble tea and snacks, olives, Turkish delight, Sourdough breads, refills for your shampoo, soaps and detergent, refreshments of coffee and more whilst you shop.

The larger indoor market is resuming on the 17th September in the Assembly rooms at the Community Centre, on The Green, with many more stalls coming, some that you may remember from the Pathfinder School, back in January, February and March and some new ones. Please come along and see. Next one scheduled is on Sunday 22nd October.

A Market Survey was Launched in August, see Facebook or the Northstowe Town Council website for the link or see the link below to have your say about the Market. It is really important and helpful that you have your say, constructively positive or negative, as all the information gathered will be presented to Northstowe Town Council to help in understanding how the market can continue and, if so, in what capacity; so please support the Market and share your views through the survey!

<https://forms.office.com/e/msTTtipZYx>

Northstowe Markets feedback



A Market Logo competition was Launched earlier in the year, and we had 6 applicants, all with very interesting, detailed, fun interpretations of what they would like the Logo to look like for the Market. The 3 finalists have been chosen and, at the time of writing, a final voting round is about to be launched.

Thank you to all applicants who submitted their designs for the Logo competition!

HOMES ENGLAND UPDATE

Paving the way for Northstowe's future

As Northstowe's evolution unfolds, we're excited to share the latest developments and highlights that are shaping the future of this close-knit community. Residents will already know that the community itself plays a huge role in making this town a success, with local groups such as Northstowe Arts bringing residents together through creativity and lots of passionate individuals starting and nurturing many grassroots activity groups, which is great to see.

We've been busy preparing land for development partners to build on and finalising work to open up public areas. This also includes site investigation work on phase 3, following planning approval of both phases 3a and b, which together with the existing development areas, will complete Northstowe. Here are some recent highlights and updates from Homes England.

New access road

The new access road is substantially completed, with a few details left to be finalised to make sure everything is running safely and smoothly before opening it to the public. This last step has unfortunately taken longer than initially planned. We'll update everyone on the opening date of the road when known; please keep an eye out for further updates via the Northstowe website and social media channels.

New homes

Keepmoat Homes is currently developing 300 new homes next to where the town centre will be, with a commercial unit and fully equipped play area planned. The first new residents are expected to move in towards the end of October, and we are marketing the balance of phase 2a to get a new developer on site as soon as we can.

Schools

Our land, funding and preparatory engineering work has enabled the development of the Education Campus and now further construction work is due to start on a major expansion of Northstowe Secondary College and the creation of a brand new sixth form, 630-place primary school and nursery. The new buildings will see Northstowe Learning Community providing nursery through to sixth form education on a single site, benefitting the growing student population as Northstowe continues to rise from the ground up.



Waterparks and active travel

We know you've been patient – an area of waterparks, nature access points, cycleways and walkways in phase two is almost ready. However, to make sure that Northstowe keeps the environment and its residents at its heart, time is being given to let the landscaping settle to prevent any damage, and water quality in the lakes is being monitored to ensure safety and suitability. Keep your eye on social media for updates.

Community facilities

Do you remember our outline proposals for a Sports Hub? These were consulted on at the outline planning stage. We've worked with the District Council and Sports England on the pitch layout and orientation and have submitted a planning application during August for some land preparation work to get this area ready for pitches to be formed. We showcased these plans at the last Community Forum.

The planning application marks an area that includes:

- 1x Senior Football pitch
- 4x Mini Football pitches (ages 5-9)
- 1x Junior Football pitch (ages 10-12)
- 1x Junior Football pitch (ages 13-17)
- 1x Cricket field
- Cricket training nets
- Landscaping

The Sports Pavilion building at this location will be delivered by the District Council at a later stage. There are also plans for a BMX track and neighbourhood play area with a skate park which will need your input – we'll be in touch about that at a later date. In total, we've provided £16.4m in funding towards a new civic hub and approximately £1.25m towards community support and development for phase 2 through developer contributions.

Heritage

Finally, we're delighted that our support has helped to bring the stunning new Heritage Sculpture to life. A mosaic crafted out of original Roman pottery by a local artist, the project sought to enable people to understand their area better while learning more about how art is made through the shared process of creating it.

This project has been managed by Northstowe Arts and made possible by funding from the National Lottery Heritage Fund, Homes England, Cambridgeshire County Council and Northstowe Foodies, and by working alongside project partners Longstanton & District Heritage Society, Homes England, Cambridgeshire County Council and South Cambridgeshire District Council.

The sculpture will initially reside at the Temporary Community Centre.



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Sports, Health and Wellbeing

MY YOGA CORNER

Unlocking the Benefits of Hypopressives: A New Path to Fitness

Looking to transform your fitness routine? Hypopressive exercises might be the answer you've been seeking. These unique workouts are gaining popularity for their potential to enhance core strength, posture, and overall well-being.

Strengthen Your Core: Say goodbye to traditional crunches and planks. Hypopressives target both deep and superficial core muscles by utilizing controlled breathing and gentle muscle engagement. This results in a stronger core without the strain.

Improve Posture: Slouching is a thing of the past. With hypopressives, you'll naturally become more mindful of your posture as you engage your core and breathe deeply. Experience the benefits of improved alignment and confidence.



Boost Pelvic Health: Hypopressives can be particularly advantageous for individuals with pelvic floor concerns. These exercises encourage proper activation of the pelvic floor muscles, aiding in recovery and overall pelvic well-being.

Enhance Breathing: It's not just about the core. Hypopressives promote better respiratory function through rhythmic breathing patterns that expand lung capacity and optimize breathing mechanics.

Trim Your Waist: Looking for a slimmer waistline? Hypopressives create a vacuum effect that may lead to a reduction in waist circumference over time, offering a gentle way to achieve your goals.

To get started with hypopressives:

1. Master Your Breath: Begin with deep inhalations through your nose and controlled exhalations through pursed lips. Feel your core engage with each breath.

2. Posture Matters: Maintain an upright posture while gently engaging your pelvic floor and core muscles. Embrace your body's strength.

3. Progress Gradually: Increase the duration of breath holds and repetitions at your own pace as you become more comfortable with the exercises.

4. Seek Guidance: Consider learning from a certified instructor to ensure you're performing hypopressives correctly and maximizing their benefits.

In a fitness landscape filled with traditional workouts, hypopressives offer a fresh approach. Strengthen your core, improve your posture, and experience the advantages of this innovative method. Embark on a journey to a healthier, more balanced you with the power of hypopressives.

Cristina, hypopressive yoga instructor at My Yoga Corner, Northstowe

HUNTINGDON HOCKEY CLUB HOME FIXTURES

Supporters (or future potential members!) are very welcome to come and cheer us on! Our home matches take place at Northstowe Secondary College, push back is at 10:30am.

	HUNTINGDON 1 (EAST WOMEN'S DIVISION 3) v.	HUNTINGDON 2 DEVELOPMENT (EAST WOMEN'S DIVISION 5) v.
16th September 2023	Ely City 2	St Neots 4
30 th September 2023	Wisbech Town 2	Wisbech Town 4
14 th October 2023	Pelicans 2	City of Peterborough 5
4 th November 2023	Ely City 1	St Ives 4
18 th November 2023	Kettering 2	Wisbech Town 3
2 nd December 2023	Cambridge South 4	Pelicans 3
13 th January 2024	Cambridge Nomads 1	Ely City 3
16 th March 2024	Newmarket 2	Newmarket 3

**Walking for all
in
Northstowe**

Come and join us for
regular Social Walks around Northstowe

The walks will start at 10:15am from the
Temporary Community Centre
The Green, Northstowe
Followed by free coffee/tea

Check Social Media for
our next walk

Hungry? How to GET HELP
We know that anyone can reach crisis point and we're here to help when that happens.

Food bank vouchers are available from local agencies such as citizens advice, schools, and churches. Vouchers can be redeemed at Distribution Centres across Cambridge: there is one open each weekend. This includes the Northstowe centre (now in the new Northstowe Community Centre!)

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

Looking to donate?
The nearest collection point is at Bar Hill Tesco

Want to volunteer?
Get in touch!

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



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

Closure Afternoon

Willingham Surgery and the Longstanton Dispensary will be closed from 1pm on Wednesday 18th October for staff training. We will re-open at 8:30am on Thursday 19th October. If you need urgent medical assistance during the closure afternoon, please call 111 who will direct you to the appropriate service.

Willingham Pharmacy will remain open from 2pm-6pm .

Shingles Vaccination

Almost a million more people (900,000) will become eligible for a shingles vaccination from 1st September 2023.

The extension of those eligible for the shingles vaccine is complicated and will be phased until 2028.

From 1 September 2023, those turning 65 and 70 will also be able to get the vaccine after their birthday, in addition to those already aged 70-80.

You ARE eligible for the vaccine this year if:

- You are aged 70 to 79 years
- Your DOB is between 1st Sept 1953 to 31st Aug 1954
- Your DOB is between 1st Sept 1958 to 31st August 1959
- You are severely immuno-supressed & over the age of 50 (Please do not call the surgery - you will be invited if you fall into this category)

You ARE NOT eligible for the vaccine this year if

- You are aged over 80
- Your DOB is between 1 Sept 1954 to 31st August 1958

Please contact the surgery to book your appointment with a practice nurse.

Please note, the Nurse will check you are eligible for the vaccine after booking, and you will be sent an SMS cancelling the appointment if you do not fall within the eligibility criteria.

Flu Vaccinations – Book your appointments

Please support our surgery this year and book your flu vaccination with one of our nursing team. We are once again offering dedicated flu clinics on Saturdays. Please contact reception to book your appointment with us ASAP. You can also book your appointment online using Systmonline or the NHS app.

Repeat Prescriptions

Please be reminded that the current turn around for repeat prescriptions is 3 working days. We have been made aware that patients ordering prescriptions via the NHS app are informed their prescription is available the next day for collection. Unfortunately this is not the case and we are unable to change this automated update on the NHS app (the app is managed externally and not by the practice). Many thanks for your patience and understanding.

Carers Meeting

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

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

Lisa Smith –Assistant Practice Manager–October 2023



Join your Patient Participation Group

PPGs represent patients and provide feedback on GP practices, helping to drive change



If you (or someone you are a carer for) are registered with Longstanton or Willingham Surgery ('Willingham Medical Practice') you'll be very welcome.

Please speak to our receptionists for more information or contact Chris Thornhill at crthornhill@gmail.com

Willingham Medical Practice and Patient Participation Group will be holding an open meeting in the community centre on 19th October at 1300-1500hr.

We realise this is not necessarily the most convenient for everyone, but we will also hold an evening meeting in due course. We're also trying to get on the agenda for the community meeting evening of 4th October.

One of the main items, is the extreme pressure on WMP, the lack of a medical practice in Northstowe and the health and logistics challenges resulting. Currently there's discrepancies between waiting times for patients within and outside Willingham. Some are having to wait nearly 7 weeks for an appointment.

Patients are welcome to address their concerns and suggestions to willinghammedicalpractice@nhs.net or crthornhill@gmail.com (Chair of PPG)

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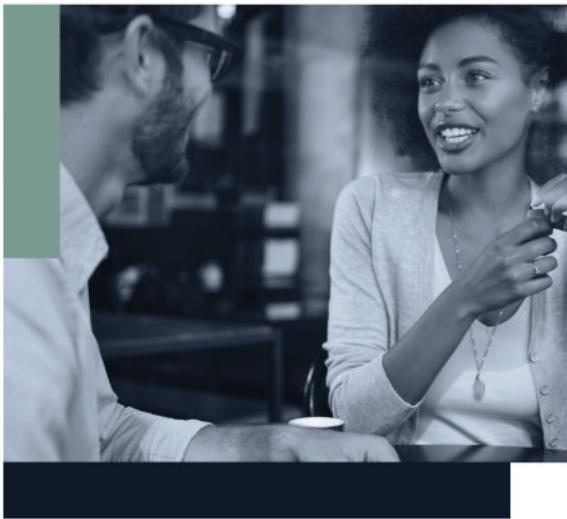
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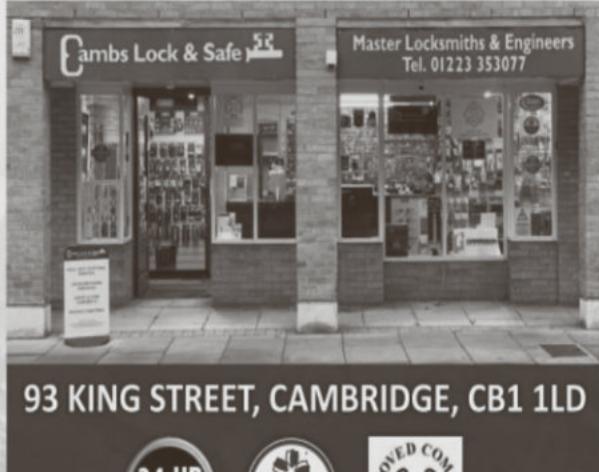
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Community Groups and Social Events

WHAT'S ON IN NORTHSTOWE

MONDAYS

Youth Group led by Romsey Mill

For school years 10+
Details TBC (follow Northstowe Youth Hive on social media).

Tang Soo Do (£)

(See Thursday's entry for details)

4:30pm in the CC.

Over Power (£)

(See Thursday's entry for details)

PFPS playground, 6pm and 7pm.

Football (£)

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

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

TUESDAYS

Postnatal Yoga with Baby (£)

Safe rebuild your core and pelvic floor, while allowing your body to release tensions, relax, stretch and strengthen. You can attend at any time after your 6/10 week check, and for as long as baby will stay put. 10.30am at Longstanton Village Hall. myyogacorner.uk

Stay and Play Group

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

Huntingdon Hockey Club (£)

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

Fastbreak Basketball (£)

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

Northstowe Board Games

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

WEDNESDAYS

Northstowe Hub Café

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

My Yoga Corner Support and Social Group

Attend at any stage of your pregnancy and parenthood journey: Feeding and weaning, Slings and carriers, Cloth nappies and pottyting. Social: please come along even if you don't need any specific support! 9am - 10.30 alongside the Northstowe Hub Café in the CC. myyogacorner.uk

Youth Drop In at Northstowe Hub Café

Youthwork run by Romsey Mill and Northstowe Youth Hive for school years 7-9. 3.30-5pm termtime. Free snacks, or add low cost treats from the café.

Longstanton and Northstowe Limpers

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

Northstowe Arts Creative Get-Togethers

Time for you to bring your own craft or try something new. 7-9pm in the CC. northstowearts.co.uk

Over Power (£)

(See Thursday'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

Baby Massage 5 week course (£)

Learn techniques to help you bond with your baby, soothe them, help with wind and colic, as well as calming ideas and other topics. You can attend at any time before baby starts crawling, but you will get more benefits the younger they are. 10:30am at Longstanton Village Hall. myyogacorner.uk

Tang Soo Do (£)

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

Northstowe Table Tennis

All welcome, for any age group and all skill levels. 18:00 - 20:00, 2nd floor gym at NSC www.northstowetabletennis.com

Community Lounge

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

Sustainable Northstowe

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

Pregnancy Yoga (£)

Covering breathing techniques, warmup and yoga poses, deep relaxation with self hypnosis (hypnobirthing) and various birth and parenthood preparation topics.

7pm at Longstanton Village Institute. myyogacorner.uk

Northstowe Cricket Club

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

Fastbreak Basketball (£)

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

Over Power (£)

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

Clubbercise (£)

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

Northstowe's Compline (Night Prayer)

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

FRIDAYS

Mobile Library

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

Judo (£)

Ages 5 to 105 from beginners to Dan grades. On Fridays at PFPS, 5-6pm (under 8s) and 6-7pm (over 8s). For more info contact colinappidojo@gmail.com

Northstowe Jets Basketball (£)

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

SATURDAYS

ParkPlay @ Western Park, Northstowe

FREE Healthy outdoor fun with games for everyone.

Join us every Saturday @ 9:30am to 11:30am. Please register: <https://park-play.com/register/>

My Yoga Corner Workshops (£)

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

Catholic Mass

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

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 Market

by Northstowe Town Council. Wide variety of food and non-food stalls including local business and a hot drinks food van. 10am-2pm outdoors on The Green every week, except the 4th Sunday each month, indoors in the CC

Emmanuel Church Northstowe

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

Pathfinder Church Northstowe

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

Ignite Youth Group

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

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 email northstowe.community@scamps.gov.uk to make an appointment.

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

KEEP US UPDATED PLEASE!

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

LOCATION ABBREVIATIONS

CC

Temporary Community Centre, CB24 1FD

NSC

Northstowe Secondary College, CB24 1DJ

PFPS

Pathfinder Primary School, CB24 1AA

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Community Cinema**

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Northstowe's
Act of Remembrance
with wreath laying
Sunday 12th Nov 10.45 AM

By the bridge over
Bug Hunters Waters

What3Words:
///hikes.sooner.exploring

Afterwards, the wreaths will go to Longstanton War Memorial

Led by Revd Beth Cope.

contact@northstowe.church
(07720 330 272)

ARTS

www.northstowe.church
www.northstowearts.co.uk
#NorthstoweWinterFestival

**AFTERNOON TEA
& LANTERN MAKING**

Sunday November 12th
3.30–5pm
Pathfinder Primary Hall

Join
Northstowe Arts
creating willow
lanterns ready to help

"Light Up
Longest Night"

alongside cake,
conversation,
board games...

and even space to
pause and reflect

Hosted by Pathfinder Church Northstowe,
in partnership with Northstowe Arts

Open to all – but lantern making generally best suited to
children over 7. Children must be accompanied. No
expectation of faith or religious participation required
for this workshop. Alongside the tea and craft, for those
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England communion service in a side chapel.

Northstowe Winter Festival
Nov 2023 - Feb 2024

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**NORTHSTOWE
COMMUNITY CENTRE
CELEBRATION**

Saturday 30th September

3pm to 6pm

Dance tasters for children, arts and crafts,
unveiling of sculpture by Northstowe Arts
plus the Youth Connections Bus and other
Northstowe Community Groups

From 5pm

Food vans courtesy of Northstowe Foodies

7pm to 9pm

Pup quiz with prizes and jamming session

Organised by

NORTHSTOWE HUB
CIO. Notaryology

Find out more

Northstowe MONTHLY MARKET

INDOORS
9:30 am to 12:30 pm

OUTDOORS
9:30 am to 2 pm

22nd October

TEMPORARY COMMUNITY CENTRE
THE GREEN, NORTHSTOWE CB24 1FD

Northstowe Town Council
<https://www.northstowntowncouncil.gov.uk/>

We're Back!
Pioneer Café has a new name and location!
Join us for drinks, snacks, company and chat

From 13th September

Northstowe Hub Café
Open Wednesdays
9am-12:30pm, 3:30-5pm

LET'S TAKE A COFFEE BREAK
Coffee Time

Make new friends

Take your time and relax

Meet with others.

Interested in joining the team?
Hub Café is run by volunteers.
We would love to open more frequently.
Get in touch!

Find us in the foyer:
The Community Centre
1 The Green
Northstowe

NORTHSTOWE HUB

Northstowe Community Forum

Find out about ongoing development in Northstowe

Wednesday 4 October
Drop in: 6:30pm | Forum: 7pm
Temporary Community Centre,
1 The Green, Pathfinder Way, CB24 1FD

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

The venue is accessible.

www.scambs.gov.uk/northstowe-forum

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

northstowe.community@scambs.gov.uk

Youth Drop in

Open Wednesdays
from 13th September
3:30-5pm

A SPACE TO HANG OUT WITH FRIENDS

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LOW COST HOT DRINKS AND MILKSHAKES FROM THE NORTHSTOWE HUB CAFÉ

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NORTHSTOWE TEMPORARY COMMUNITY SPACE

EVERY WEDNESDAY DURING TERM TIME
3:30-5PM
FOR SCHOOL YEARS 7-9

ALL ARE WELCOME!

Get in touch for more info
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@Northstowe_youth on Instagram

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

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

Time for you, your child, and God.

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

BABY GROUP



Contact us to Book

Cambridgeshire
Child and Family Centres

Tuesdays 1pm

Northstowe
Temporary
Community Centre

1, The Green,
CB24 1FD

- For families with babies up to a year or crawling
- Weekly play-based activities and themes
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- Meet other parents

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Creative Get-Togethers

Wednesdays, 7-9 pm
@ Northstowe Community Centre,
The Green, Pathfinder Way,
Northstowe CB24 1FD

Check the schedule and book online at northstowearts.co.uk

Youth group (11-14s)

IGNITE

All are welcome!

Sundays, 5-7pm

- Bible discussion
- Games
- Snacks

Sept 17th
Oct 1st
Oct 15th
Oct 29th
Nov 12th
Nov 26th
Dec 10th

Northstowe Community Centre,
Pathfinder Way, CB24 1FD

emmanuelchurchnorthstowe.org

ignite.ecn@gmail.com



The Northstowe Youth Hive

LOOKING BACK - THANK YOU!!

Following the final summer session of the #youthbus, a huge thank you goes to Alan and the team from **The Connections Bus Project**, as well as our own brilliant **Youth Hive volunteers**, for providing such a "cool" venue since The Wing closed. Thank you to all the young people who have been part of the sessions, and fed ideas into "what next". Thank you too to our funders over the last year: the Northstowe Support Partnership, bpha, and The Church Schools of Cambridge working with Pathfinder Church, Northstowe.



Meanwhile, temporarily based up at Northstowe Secondary, Northstowe's Youthworker, **Emma Whitbread**, has been working with many of Northstowe's young people, and experimenting with different youth club activities in the school spaces.

LOOKING AHEAD

With the new Community Centre now open, Emma is taking the lead on some more great things. Starting out by re-launching our previous partnership with Pioneer Café - the **new Youth Drop In will now run alongside the Wednesday Afterschool session of the Northstowe Hub Café (3.30-5pm)**. The Café will be open to the general public throughout, with dedicated youthwork in a separate room. This will be aimed at school years 7-9. Watch our social media for news of a new group for older teens starting soon!



WANT TO GET INVOLVED?

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**. So, if you are a young person with an idea: talk to us! If you are involved in a youth activity/organization - let's work together! And if you want to volunteer either behind the scenes, in Northstowe Hub Café, or in face to face youthwork - talk to us! (we can provide training)

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

SUSTAINABLE NORTHSOWE

Great Big Green week

Back in June, we joined the national week of celebrating community action against climate change. We had an amazing Community Skip day jointly organised by our Community Development Officers and plenty of other stakeholders involved, which was packed with action, litter picking, recycling art craft and more. We'll definitely be looking at organising it again for next year. Save the dates for the Great Big Green Week GBGW 2024 – 8th to 16th June!

Halloween, Toys and Christmas jumper swaps

With the temporary community centre now open, we will relaunch our popular swaps: Halloween costumes in October, a Toy Swap in November, and a Christmas jumper swap in December. We have recently started running stalls with second hand uniform from Pathfinder School. Stay tuned, we'll share more details in our social media.

Have you checked our website?

The website went live end 2022, you will find basic information about our group, projects, calendar, minutes and more. We have a section with Eco tips and advice with a map of local Recycling and Refill points:

<https://www.sustainablenorthstowe.org.uk/eco-tips-and-advice>. What else would you like to see?

Community pantry at events and markets

Our amazing volunteers continue to collect surplus food from Coop in Longstanton and Willingham, and redistributing it to the community by using Olio App, but the still now mobile pantry has also been brought to events and markets. You will find it regularly on the markets in Northstowe and Longstanton, at the Community Lounge and other events.

Message from our Chair

I became Town Councillor in May 2021 and this year I was voted Deputy Mayor. This is an exciting but challenging and demanding role. After three years since our first ever group meeting took place, I feel it is now time for me to step aside. I will be stepping down in our September meeting, when a new Chair will be co-opted. The group will be in the fantastic hands of our Committee – Aparna, Bethany, Chris, Maria and Pratyusha.

Carla (outgoing Chair)



Fairs,
Shows
Workshops
and more....

**Northstowe
Winter
Festival**
Nov 2023 - Feb 2024

Let's celebrate winter together in Northstowe

With the autumn well under way it will not be long before the winter months are upon us. The days may be short and the temperature low but there are lots of exciting things happening here in Northstowe this winter.

Northstowe Winter Festival aims to make it easier for everyone in our community to find out what's happening locally during these months. After 2 years of fantastic coordination by Northstowe Arts, this year Northstowe Hub and the Northstowe community development officers are taking the reins.

northstowewinterfestival.co.uk

NORT STOWE HUB

Are you planning an event in Northstowe between the beginning of November 2023 and the end of February 2024, that is open to the community? Then let us know so that it can be promoted on the website, in flyers and posters as part of the Northstowe Winter Festival!
info@northstowehub.org



CHRISTMAS CRAFT FAIR

Saturday
25th November
9am-4pm

Gifts, Food & Crafts

Oakington

Garden Centre & Café

email: oakingtonevents@gmail.com



CAN WE GUESS YOUR FAVOURITE FESTIVE HERO OR VILLAIN?

24 DAYS: 24 WINDOWS

Sign up TODAY at advent@northstowe.church to decorate your window over the advent period and light up Northstowe!

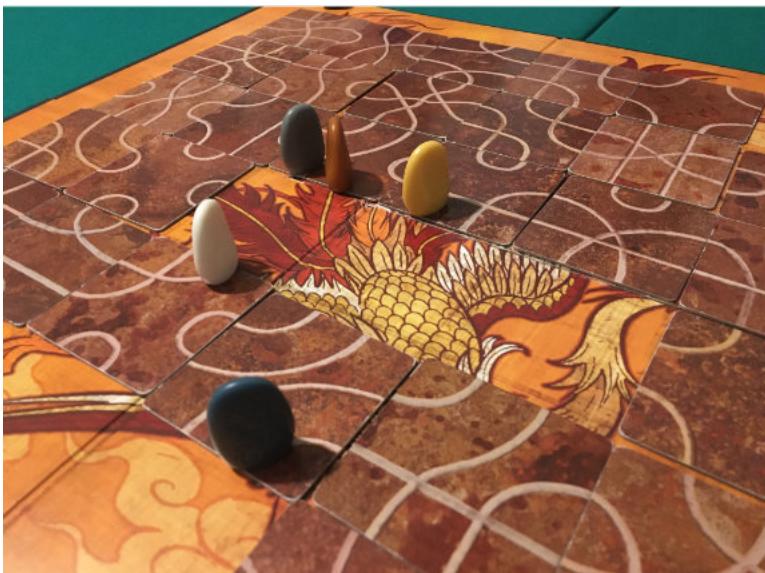
#NORTHSTOWEADVENTWINDOWS

GAME OF THE MONTH

Sometimes in our games evenings, we find that the room has divided into a couple of tables - and one game has finished, while the other has a couple of rounds left to play. So the first table might choose a "filler" game - something quick, to fill the time until the other table finishes and people can mingle again. Basically, sometimes what you need is a snack rather than a main meal.

Tsuro, or "The Game of the Path" excels at this role. Not only is it quick to play (about 10 minutes) and very flexible with the number of players (up to 8), it's easy to explain, with some interesting decisions along the way. And it looks beautiful.

Each player gets a stone, placed along the outside of a square board, and a hand of three tiles. Each turn you place a tile in front of your stone, and follow the line wherever it goes – your aim is to not fall off the board. That's basically all the rules (minus some details about drawing replacement tiles when the deck runs out). But the magic happens when players get close together on the board: if your next space is in front of other players too, all of you follow the lines on the tile you place. So you have the opportunity to divert other players into inconvenient places, or off the board when you get the chance.



Tsuro is designed by Tom McMurchie, and published by Calliope Games.

Tsuro's production values are ridiculously high. The pieces are surprisingly tactile, and feel like a piece of modelling clay in your hand. The rules are printed on something which opens out a bit like a scroll, they even include some calligraphy on a piece of tracing paper for no very obvious reason. Perhaps it is there to justify the price, which may seem high – the same as other, more complicated games which take an hour or two to play. But because it fits so well in so many situations, it's actually one of our most played games, which makes it very good value. It was a big hit at the International Café recently where we lent some games for their Board Games themed evening.

Will you find your path to us on a Tuesday evening and play? For details search FaceBook for "Northstowe Gamers" or email northstowe.gamers@thecolliers.uk

Andrew and Sarah Collier

**Northstowe
Gamers**

Online and in-person
board gaming meet-ups

Tuesdays 7:30pm

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

We're excited to announce that once a month, Northstowe Gamers will now be meeting in the Community Centre!

Join us there from 7:30pm on the third Tuesday each month, or at our home on other weeks.

The next dates in the Community Centre are:

October 17th and November 21st

Black Bull Longstanton

open every day from 4.30 - 9.30

Chinese & Pizza Take-away

download our menu from
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BOOK CLUB



This October we are trying something new. Everyone will choose a different book to read and discuss at our Zoom meeting on Monday October 16th. If you haven't joined us before but enjoy reading, or if you haven't been with us recently, it would be a great opportunity to start coming. You can read anything, from a heavy academic tome to the lightest of light fiction, or even a children's book. It just needs to be something you enjoy. Why not borrow a book from Cambridge Public Libraries or from our own Micro library based at the Temporary Community Centre. If you are interested but unable to come on that date, please tell us what you are reading by commenting on our Facebook page. We meet from 7.30pm on Zoom. Zoom details can be found on our Facebook page or by emailing northstowebookclub@gmail.com.

In November we will revert back to our normal format and try to all read the same book.

- Monday October 16th: Free choice
- Monday 13th November: **Wool** (1st book in the Silo trilogy) by *Hugh Howey*
- Monday December 11th: **City of Stolen Magic** by *Nazneen Ahmed Pathak*
- Monday January 15th: **Lessons in Chemistry** by *Bonnie Garmus*



BOOK REVIEW

The Perilous Gard by *Elizabeth Marie Pope* is a YA fantasy set in Tudor England near the end of the reign of Queen Mary I, centring on a young noblewoman named Kate who becomes involved in the strange events surrounding the manor of Elvenwood Hall, also known as the Perilous Gard. Kate is exiled to the castle after her beautiful younger sister offended the queen and Kate was blamed for her actions. There, she meets Christopher Heron, the lord of the manor's handsome younger brother who appears to be disgraced and despised by those around him, though despite her efforts nobody will explain the reason to Kate. Meanwhile, the nearby villagers live in fear of malevolent creatures in the forest and periodically people come on strange pilgrimages to the nearby spring. As she investigates, Kate is drawn into a magical otherworld where she has to use her considerable wits to survive and to save Christopher and the people of Elvenwood.



Kate was a real standout character and I really enjoyed watching her navigate terrifying situations through dignity and intelligence. Her interactions with Christopher were sometimes a little strained, but their relationship was overall believable and the resolution was extremely satisfying, again relying on Kate's integrity for a lot of its weight. As the climax approached I found it very difficult to put down.

I would recommend it for the younger to middle end of YA. Some of the contents are quite heavy and the plot involves a narrowly-averted human sacrifice.

Becca Edney

LONGSTANTON VILLAGE MARKET

Thanks to everyone that visited us in August, we had a lovely sunny day.

We have two remaining markets this year...

Autumn Market - Saturday 28th October

Kick off the Halloween weekend with us on Saturday 28th October, 10am-12.30pm. Your support of the market is always appreciated, whether you come for a chat and a coffee, or to buy a gift big or small, it means a lot to our stallholders. We are proud to have such a variety of handmade goods, including home-grown flowers and home-baked cakes. If you have never visited you are certainly missing out.

Christmas Market and Lights Switch-On - Saturday 2nd December.

Save the date! Our Christmas light switch-on is Saturday 2nd December, 3pm-5.30pm. We will have a Christmas Market, Christmas Lights, a visit from Santa and many more festive treats to be announced.

We always welcome new applications from local crafters, independent producers, community groups and charities - if you would like to join us on the green please email longstantonvillagemarket@gmail.com

Longstanton Village Market, The Village Green, Nelson Crescent (next to Co-op), Longstanton, CB24 3GN

Follow us on [Facebook/longstantonmarket](https://www.facebook.com/longstantonmarket) for the latest event updates.





PATHFINDER CHURCH NORTHSTOWE

praying, exploring, and sharing

Summer Highlights: Artistry, Activism, and Belief

“ We often say we’re “church, but not as you know it”, and this summer has really felt like that ”



sharing home-made pizza, and baking bread for a deeply poetic communion



painting and re-roofing the Wellbeing Shed in school...



taking chalk-able records to the Running Festival to explore how music shapes our lives



exploring Northstowe, with biodegradable glitter as we prayed for peace

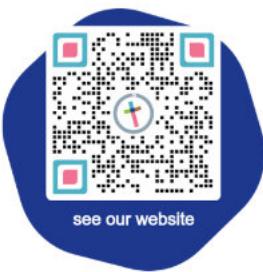


joining in with Greenbelt Festival's 50th anniversary celebrations

Now, you'll find us back in the Primary School most Sunday Afternoons (3.30-5pm) for our intergenerational Afternoon Gatherings: deep rooted faith... shaped for this time and place. Visit our website to find out more about Wild Church, Compline, Little Explorers, Food and Faith... and more! www.northstowe.church

SAVE THE DATES

- 31st October:** Drop in All Hallows' Eve campfire outside Church House on Woodpecker Close from dusk
- 12th November:** Northstowe's Act of Remembrance by Bug Hunters Water (gather 10.45 to join the 11am Silence)
- 12th November:** As part of Northstowe's Winter Festival, we are partnering with Northstowe Arts for a Lantern Making Workshop with Afternoon Tea (3.30-5pm)



see our website

WE ARE...

- Made up of people moving into the area, rooted and growing here in our new town
- Those just starting exploring their spirituality and pilgrims dusty from the journey
- People who love to get involved in our local communities, and want to make a difference
- Not just meeting on-site but part of the family at The Pathfinder Church of England Primary School;
- Founder members of the Northstowe Youth Hive, committed to bringing together young people from all genders, backgrounds, faiths, cultures, and sexualities, to have fun, develop, and make a difference.
- Here to offer weddings, funerals, and thanksgiving or Christening services to ANYONE who lives in the area
- Committed to a shared vision with The Church of England, The United Reformed Church, The Religious Society of Friends (Quakers) and Baptists Together, alongside ever deepening connections with other Christian traditions involved in Churches Together in Cambridgeshire

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.

Emmanuel

CHURCH
NORTHSTOWE

Sarah Phillips, Emmanuel Church member and local resident, writes:

At the time of writing in late August, I (a teacher, and mum of a child going into Year 7) look towards the new school year with trepidation. Summer has been such a lovely time, both for our household, and as a church family. We have joined in activities with Emmanuel Church such as Fun in the Park with games at Western Park, and the International Café at the (now not-so) new community centre, having a blast getting to know diverse people in our locality. How will the months ahead with the shorter, darkening days possibly compare? Thankfully, the heart of our church community is a Great Light.



King David begins one of his songs in the Bible: “The Lord is my light and my salvation - whom shall I fear?” This is a great mantra for a teacher or student in September, and has a greater truth for the whole year. At Emmanuel, we celebrate a Light who steps down into our darkness to save us. My family looks forward to upcoming events with the church community (last year's advent and Christmas activities will be hard to beat, but we are excited for this year's events, including more things for internationals), and even more so, we know that whatever these months have in store for us, we don't need to fear: a Great Light is coming, Jesus is coming.

Emmanuel Church meets Sundays at 10.30 am at Northstowe Secondary College, and you'd be so welcome to join us. Our regular Sunday morning gathering is for everyone, young or old, whatever faith or cultural background. There are groups for children up to the age of 11 in the second half of the service (creche, and 3 Bible Clubs for different ages). There is music, prayer, and time thinking about what God is saying to us through the Bible, followed by refreshments and time to chat.

There are two youth groups running fortnightly from 17th September. Ignite is for school years 7-9, Resolved is for school years 10-13. The youth groups include fun, food and learning more about God from the Bible. The groups are for any young people, regardless of background or personal belief. We welcome questions and different perspectives. For more details, email: contact@emmanuelchurchnorthstowe.org

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

If you have any questions about Emmanuel or want to get involved, please visit us any Sunday (10:30am, Northstowe Secondary College) or email contact@emmanuelchurchnorthstowe.org

Northstowe Muslims Celebrate Eid-ul-Adha with Demonstrations of Hajj (Pilgrimage) and Festive Feast



The Northstowe Muslim community came together in a jubilant celebration of Eid-ul-Adha on July 7, 2023, marked by a day of spiritual reflection, camaraderie, and a sumptuous feast. Organized by the Northstowe Muslims charity, the event showcased the essence of the festival, with a special emphasis on the pilgrimage to Mecca, known as Hajj.

Eid-ul-Adha, is also known as the Festival of Sacrifice. It's a day of prayer, charity, and sharing food with those in need.



Hajj Demonstration: A Spiritual Journey Unveiled

A highlight of this year's celebration was the intricate Hajj demonstration, which allowed attendees to experience the annual Islamic pilgrimage to Mecca. The Northstowe Muslim community recreated the pilgrimage experience with a scaled-down representation of the Kaaba, one of the fundamental and the holiest site in Islam, and a procession resembling the Tawaf – the circumambulation of the Kaaba by pilgrims during Hajj. Participants, including kids and adults, dressed in festive clothes, symbolized unity and equality, central to Hajj – a value that underpins the Northstowe Muslims platform.

One of the attendees, remarked, "This demonstration immersed us in the spiritual journey of Hajj, even if we couldn't physically be there. It reminded us of the profound significance of this pilgrimage for Muslims worldwide."

Feast of Generosity: Sharing Eid Blessings

Following the Hajj demonstration, attendees enjoyed a sumptuous array of traditional and diverse dishes, reflecting the community's cultural richness. From Arabic rice to kebabs, baba ganoush to samosas, the tables brimmed with mouth-watering delights.

In the spirit of Eid-ul-Adha, attendees shared meals with neighbours, friends, and those less fortunate, ensuring that no one went hungry on this special day.



Community Unity and Reflection

Throughout the event, the Northstowe Muslim community united in celebrations, reflection, and strengthening bonds. Eid-ul-Adha serves as a time for introspection, empathy, and shared responsibility for the welfare of all.

Northstowe Muslims Trustees, emphasized, "Eid-ul-Adha's message centers on sacrifice, charity, and unity. Our celebration reflects these values, reminding us of our duty to help those in need and to be grateful for our blessings."

The 2023 Eid-ul-Adha celebration by the Northstowe Muslims charity showcased faith, community, and enduring traditions that unite people. It exemplified the values of compassion, generosity, and spiritual growth central to this important Islamic holiday.



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)

Our Hindu community, nestled within our diverse neighbourhood, has been actively fostering warmth, unity, and cultural appreciation through a range of engaging activities and events.

From the vibrant celebrations of Raksha Bandhan, strengthening the bonds of protection and love, to the joyous festivities of Janmashtami, where we proudly showcase our rich traditions, our heritage has been at the forefront of our engagement efforts.

We extended our outreach to South Asian Heritage Month, celebrated by the Northstowe Community Lounge, contributing through traditional dances and delectable cuisine, which deepened our community's appreciation for our culture.



We celebrated Sanskrit Day, a tribute to the language that not only connects us to our cultural heritage but also serves as the sacred conduit for our Hindu scriptures and texts, binding us closely to our spiritual roots.

Additionally, we've diligently organized various activities this summer to engage our younger community members with their roots, enabling them to embrace the beauty of our faith.



Looking forward, we eagerly anticipate celebrating upcoming festivals like Ganesh Chaturthi, Sharad Utsav, and Diwali, offering more opportunities to unite us in the spirit of joy and cultural understanding.



**Hindu Samaj
Northstowe**

**Northstowe
Ganesh Utsav**

Fri. 22nd - Sun. 24th Sep '23

Interim Community Centre
Northstowe, Cambridge CB24 1AU

Friday Evening - Murti Sthapna and Aarti
Saturday All Day - Celebration, Activities, Bhajan etc.
Sunday Morning - Puja, MahaArti , Performances
Sunday Afternoon - Procession and Visarjan

Tickets on sale soon

[Facebook](https://www.facebook.com/HinduSamajNorthstowe) [Email](mailto:HinduSamajNorthstowe@gmail.com)

Our Hindu community is a shining example of how culture can bridge gaps and bring people together, and we're excited to continue sharing these moments with our friends and neighbours. We would love to have you join us in our celebration.

Please contact us through our social media or speak to one of our members if you are interested in our upcoming events.

Upcoming Events

Ganesh Utsav - 22nd - 24th Sep. '23

Sharad Utsav - 28th Oct. '23

Diwali Mahotsav - 18th Nov. '23



[HSNorthstowe](#)

[hindusamajnorthstowe](#)

[fb.me/hindusamajnorthstowe](#)

hindusamajnorthstowe@gmail.com

HERITAGE SOCIETY UPDATE: October - November 2023

WHY SHOULD NORTHSTOWE TOWN REMEMBER THE HISTORY OF RAF OAKINGTON?

As we approach Remembrance Sunday, the attention of the Longstanton & District Heritage Society rightly turns to the history of RAF Oakington and the important part it played in shaping the communities of Longstanton and Oakington and Westwick. Now with Northstowe partially being built on the site of the former airfield, the new town shares this history. Following the boundary review, Northstowe is now the only community of the three sited on the former Bomber Command airfield itself, so the new town has a unique responsibility to ensure that the history of RAF Oakington is not forgotten. Since 2007, the Heritage Society has worked with former veterans and others to try and ensure that the history of the airfield is safeguarded for future generations but we are not in a position to make it happen by ourselves. The Society has created an historically important archive but a permanent local heritage facility / museum with appropriate professional expertise is required to ensure it has a long-term future.

With the Heritage Annex delayed yet again, it is vital that we all understand the legal commitment Homes England made in the Phase 2 Section 106 Agreement, which included the 'display and storage of the LDHS Archives'. Unfortunately, the Heritage Society can no longer guarantee that the LDHS Archives can remain a local community owned and run heritage asset without the immediate support of Homes England, local councillors and residents. A package of support and a long-term plan needs to be agreed over the coming months otherwise there is a risk that the LDHS Archives will no longer be available to our communities. If that happens, it will have consequences for heritage across our three communities, for generations to come.

Loss of the LDHS Archives could result in Northstowe being possibly the only town in Cambridgeshire not to have a museum and RAF Oakington's contribution to the war effort, and the elite Pathfinder Force, will not receive the recognition within the community it deserves. Below is an example of the information contained in the LDHS Archives. Our collection has both a historical and educational value and we need to ensure that we can safeguard these archives for future generations. We ask all residents of Northstowe and the Town Council to help the Society and Longstanton Parish Council achieve this aim; not just for the benefit of the new town but also for the villages of Longstanton and Oakington, in whose parishes RAF Oakington once stood.

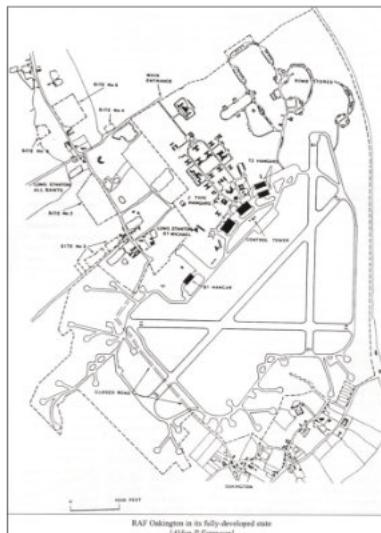
We hope you will agree that the LDHS Archives should be saved as a community owned and locally managed heritage asset and we look forward to your support as we finalise plans for their long-term future.

Extracts from An Outline of the history of RAF Oakington – written by John Hamlin for LDHS (2010)

Built at the end of the 1930's RAF Expansion period, RAF Oakington was situated eight miles (12.5 km) north-west of Cambridge city centre. To provide the necessary land, the Air Ministry acquired 353 acres (143 hectares) of land in the

parish of Longstanton. While the airfield itself was close to Oakington village, the main buildings, and hence most of the activity, were on the other side, with access through Longstanton. The land on which the airfield was built was very flat, at an altitude of about 45 feet (14 m) above sea level.

Intended for use by RAF Bomber Command, Oakington was provided with permanent buildings of a good architectural standard, unlike many airfields, such as nearby Bourn, which was not expected to last to last beyond the end of hostilities. However, no paved runways were built at first, a fact which quickly caused major problems. The first occupants, in July 1940, were the Bristol Blenheim light twin-engined bombers of 218 Squadron, which carried out training raids on enemy territory, but during their tenure the enemy came to them, in the shape of a Luftwaffe Junkers 88 bomber which landed inadvertently on the airfield with engine problems!



The shape of things to come presented itself in October 1940, when the first Short Stirling four-engined heavy bomber arrived at Oakington. After close inspection by many people, the lightly-laden Stirling took off, but a further visit five days later heralded the arrival of 7 Squadron from RAF Leeming in Yorkshire. The Squadron's first five aircraft flew in on 29th October, as did a number of personnel, who were housed in the new H-block, after which a training programme began. During November 1940 218 Squadron began to re-equip with the larger Vickers Wellington bomber before moving to RAF Marham in Norfolk. A specialised unit, 3 Photographic Reconnaissance Unit, was formed in the same month, its task to fly damage-assessment missions over enemy territory. 3 PRU was equipped with a number of Spitfires and a few Wellingtons for night photographic work. Enemy aircraft raided Oakington several times during 1941, causing some damage and one casualty, but operations by 7 Squadron and 3 PRU were not unduly affected.

Work on the construction of three essential concrete runways began in the summer of 1941 and they came into use in May 1942. Meanwhile, the Wellingtons of 101 Squadron moved in in July 1941, as they could operate from the grass areas without causing too much damage. Soon after the completion of the runways, three Royal visits took place; the first by the Duke of Gloucester, the second by the King and Queen, and the third by the Duke of Kent. RAF Oakington, now with 1409 Meteorological Flight's Mosquito aircraft in residence, was transferred to 8 (Pathfinder) Group in April 1943. In November of that year, another Mosquito unit, 627 Squadron, was formed and began to work in conjunction with 7 Squadron's Stirlings, and this pattern continued until the end of hostilities in Europe, when Transport Command inherited the Station.

Hilary Stroud



7 Squadron Short Stirling RAF Oakington being made ready

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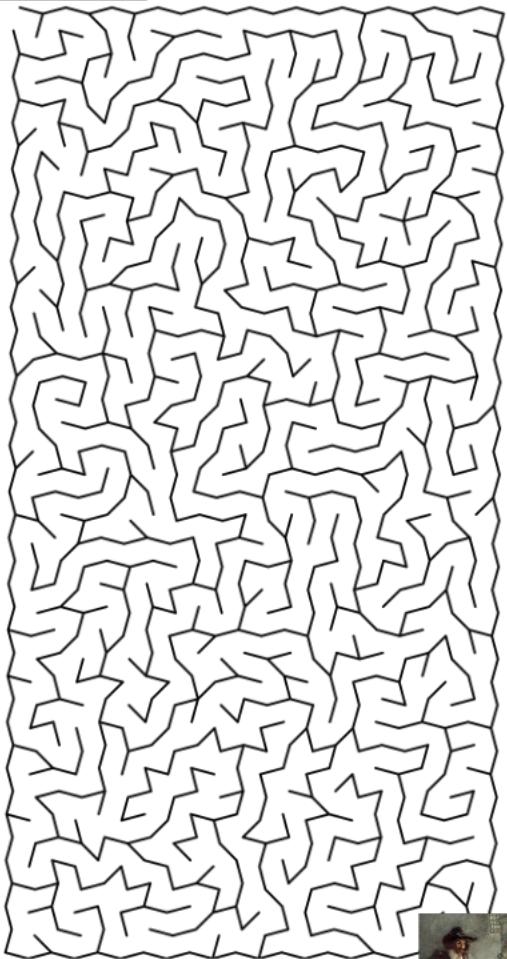
Puzzles and Colouring



Guy Fawkes Night Maze



In the catacombs beneath the Houses of Parliament, can you find Guy Fawkes and foil his gunpowder plot?



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Halloween Word Search

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O	X	X	S	H	U	S	M	N	W	O	P	B	C
M	D	M	O	N	T	A	L	O	O	R	K	J	V
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Y	U	E	M	V	P	O	S	V	P	S	Z	C	R
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P	G	X	B	R	I	E	Z	W	U	M	J	E	A
A	W	N	I	C	E	L	D	H	G	M	P	V	R
D	E	E	K	Y	D	E	Y	I	G	H	P	I	F
B	A	T	S	Z	M	K	P	X	P	H	O	K	R
I	L	M	R	B	A	S	I	Y	E	S	O	E	I
O	C	N	R	E	T	N	A	L	K	V	S	E	N
G	O	B	L	I	N	B	A	T	L	H	O	T	A

BATS
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