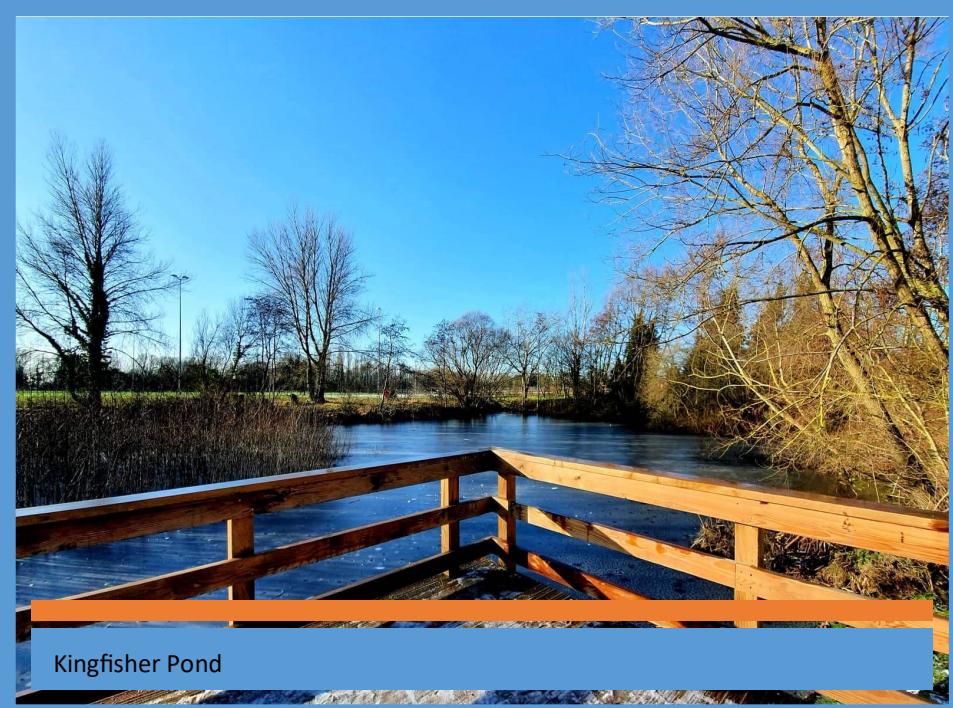


Northstowe News

Issue 14

March/April 2021



More writers needed!

If you want to learn more about Northstowe News or submit adverts, ideas or articles or join the team please email

Northstovenews@gmail.com

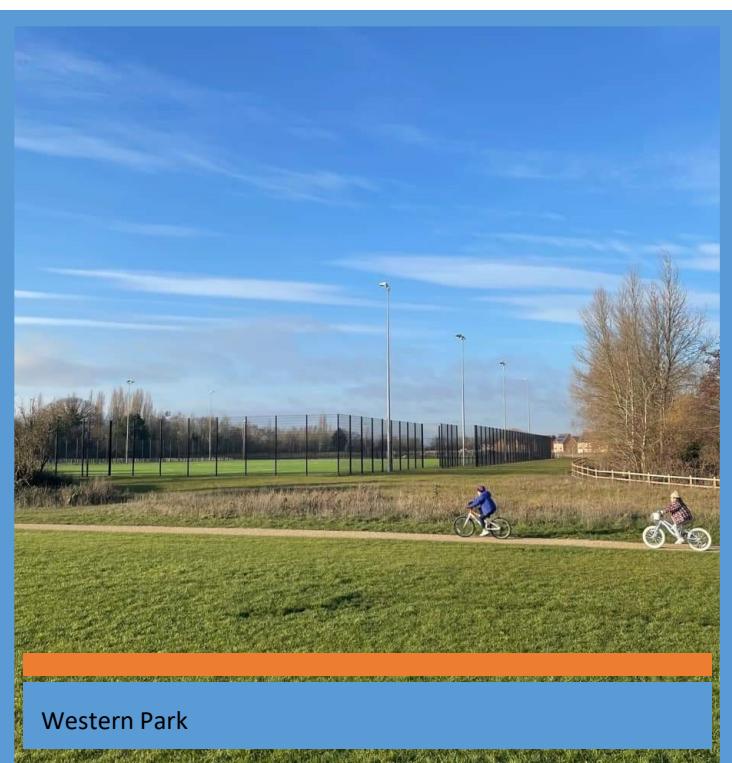
We need You!



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MAKE A CHANGE BECOME A COUNCILLOR

WHAT DO LOCAL COUNCILS DO?

Your local council has overall responsibility for the wellbeing of your local community. Their work falls into three main categories:

- Delivery of services;
- Improve quality of life for residents;
- Give communities a democratic voice.

BECOMING A LOCAL COUNCILLOR

As a local councillor you can become a voice for your community and make real change. Councillors are community leaders and represent the interests of the communities they serve.

Local councillors have three main responsibilities:

- Decision-making;
- Monitoring;
- Getting involved locally.

GETTING ELECTED

To stand for election to a local council you must be:

- a UK or Commonwealth citizen; or be a citizen of the Republic of Ireland; or be a citizen of another Member State of the European Union;
- at least 18 years old;
- an elector of the local council; or in the past 12 months occupied land or other premises in the area the local council serves (as owner or tenant); or work in the area local council serves (as your principal or only place of work); or live within three miles of the local council boundary.

IF YOU ARE INTERESTED, CONTACT THE COUNCIL ON:

Rosie - interimclerknorthstowe@capalc.org.uk

www.nalc.gov.uk/elections

Editors Welcome

Hello everybody,

Another issue of Northstowe News sees us at the end of another Lockdown. How have you been spending yours? A few of us from Northstowe have been joining “Craft4Smiles” on zoom. We’ve had some lovely lessons on how to make some beautiful things and all for just £5 deposit. Everything you could possibly need is provided and we spent a lovely evening making things together. There’s more information on Crafts4Smiles in this issue so keep reading.



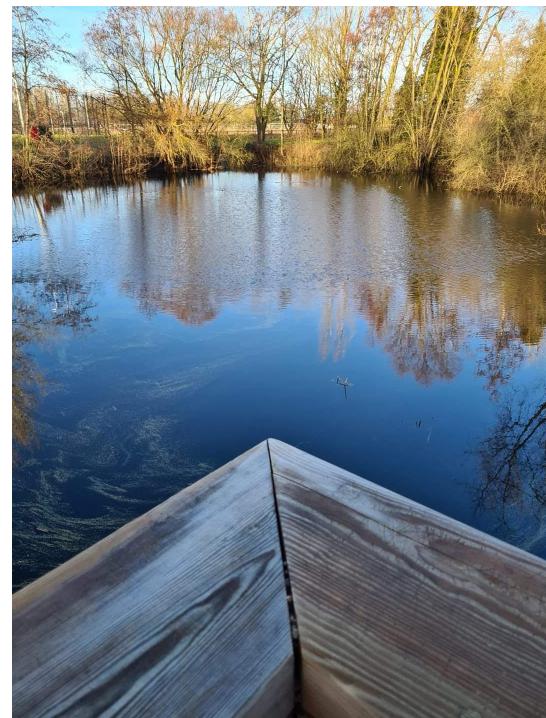
I've also enjoyed seeing Northstowe grow. Pioneer park has been open a while but the adult gym equipment has suddenly appeared there too. I'm also looking forward to the walks around the lakes being opened so we have new paths to explore.

Of course Lockdown has made it a lot harder for some. This issue of Northstowe news includes how to get financial advice from CAB, how to receive foodbank vouchers in Northstowe and how to get support for worsening mental health. It's been a real struggle for some but together we can get through this—if you're struggling please tell someone.



Now, more than ever

**For simple steps to look after your mental wellbeing
search [Every Mind Matters](#)**



Parish Council

Hello Northstowe, for what is quite likely the last update from Longstanton Parish Council as by the time the next update is due from us, it is probable that you will have formed your own town council. It seems like only yesterday when the ground was broken and the construction of Northstowe started, so it is very exciting to see it growing, flourishing, and forming its own council. As we become two separate entities, I am sure that our respective councils will still be working closely with each other for many years to come.



Becoming a Councillor

Just as I have appealed to Longstanton residents to get involved and stand for Parish Council membership (as we will lose quite a few members of our present council to Northstowe Town Council in May), I encourage you to reach out to your Interim Town Council Clerk, Rosie Hughes, and find out more about how you can help with the formation of the town council and help make your developing town a true community. Rosie has been appointed by South Cambs District Council, and she is already working to establish the framework necessary to enable the full town-council to start in May. South Cambs District Council are running some taster sessions in February to help understand what taking a seat in public office means and what you will be involved in, but I am sure Rosie

will be happy to answer any questions if you cannot make one of the sessions. Rosie can be contacted at:

interimclerknorthstowe@capalc.org.uk or 07724 588 949 (email is preferable please).

Lockdown Support

As you are doubtless aware, during the first lockdown we ran a community-based scheme to help those sheltering, isolating or needing support during that period. Two lockdowns later, many more sources of support have sprung up, including those provided by central and local government (NHS Volunteers 0808 196 3646). Should you need more local help, we are still here, contactable in the same way as before by email or phone (call the Longstanton Parish office on 01954 782323) but the huge decrease in demand suggests many have already identified alternate sources of support.

Speeding in/around Northstowe

Many will have noticed we positioned two speed signs on the B1050 around the current entrances to Northstowe. Via residents, and members of the Parish Council, we had received many complaints about speeding vehicles on the B1050, and are receiving an increasing number about speeding within the development. We are actively monitoring this and report the data collected from the B1050 to the relevant council authorities and the police for monitoring. This information will be used to help establish any need for further action to be taken in the area. As Northstowe Town Council forms we will look to work together on solutions to this, as sadly, much of the problem is usually from our own residents.

Kingfisher Pond/Hydrology Investigation

We expect this will conclude in the coming weeks. Many of you have been following this with interest, and we are confident that a very thorough and impartial exercise is being undertaken by the contractor Longstanton Parish Council selected. We are also assured that SCDC will support the results of the report when it is delivered and will take any necessary enforcement action as a result.

In the meanwhile, thank you for reading, your Parish Council is here if we can help in any way, so feel free to reach out to Libby, myself, or any of your Parish Councillors - you can find their contact details on the website.

Stay safe, and best wishes as we move towards Spring!

Cheers,

Dan.



Northstowe Town Council

I have been invited to write a piece for Northstowe News to introduce myself to residents of the town.

Firstly, a bit about me. My name is Rosie Hughes, I have been a Clerk and Responsible Financial Officer for just over 30 years, following a number of years working for Cambridgeshire County Council. I hold the Certificate in Local Council Administration, a BA (Hons) in Community Engagement and Governance, and I am a Fellow of the Society of Local Council Clerks. I have been appointed by the Cambridgeshire and Peterborough Association of Local Councils (CAPALC) to assist South Cambridgeshire District Council to create a new Town Council for Northstowe.

So what am I going to be doing?

I have a number of governance documents and policies to draft, these will ensure that the Town Council operates effectively, efficiently and more importantly legally from its onset. I am also involved in the budget and setting of the precept. Northstowe Town Council precepts for a council tax levy, you will see this when you receive your council tax demand for 2021/22, with the list for all other precepting authorities. That's just some of the red tape stuff.

The fun stuff, well. How do you fancy being a Town Councillor? Please feel free to get in contact to find out what is involved, it really is an exciting time, and an opportunity to be part of making decisions at the local level. In the interim I am going to be working closely with 3 Interim Councillors, who you will all know already, Cllr Peter Hudson, Cllr Sarah Cheung Johnson and Cllr Alex Malyon. I am also going to be establishing a Northstowe Town Council website, and when Government restrictions allow, I will be making some visits to the town.

My contact details are:

E-mail: Interimclerknorthstowe@capalc.org.uk

Facebook: Rosie Interim-clerk

Rosie Hughes (BA Hons) FSLCC



District Council

We hope that you have all been staying safe and well. The start of 2021 has been an exceedingly difficult time with the current lockdown but please do continue to follow the guidelines so we can all stay safe. Our thoughts are with everyone who is being affected by COVID-19. We would like to thank all volunteers and keyworkers, who continue to do an incredible job for our communities.

If you have been told by the NHS to self-isolate, either because you have tested positive for COVID-19 or have been in contact with someone who has tested positive, you may be entitled to financial support, with a payment of £500, during your self-isolation period. To check if you are eligible and claim go to <https://www.scambs.gov.uk/coronavirus/self-isolation-payment/>

As a reminder, South Cambs District Council has dedicated pages with information for residents and communities on coronavirus support, including grants for local businesses affected by the lockdown <https://www.scambs.gov.uk/coronavirus/>

NORTHSTOWE FORUM UPDATES

Thank you to those who attended the Northstowe Forum online. It was the best attended forum to date.

Topics covered were Greenbelt management and updates from Phases 1, 2 and 3, as well as from Endurance Estates and Digital Park who are looking to develop the land next to the Bloor homes.

Headline updates included:

Greenbelt

- All residents will be responsible for paying the communal management fee of £96 per plot. In addition, each parcel will have their own internal open space areas which the developers have costed up. The charge will go up with inflation and

does not include VAT. The charge was agreed with the developer during planning for Northstowe. There are a range of flexible payment options, monthly or annual. Paperless billing gives a discount to the charge.

- Each resident will get a plan of Greenbelt Northstowe Phase 1 open space as well as their own specific housing parcel.
- Some residents thought they had been paying fees already - if this is the case the conveyancer has taken this, and this will be placed in a pot held by the developers and this will be passed over to Greenbelt on transfer and these fees taken off the householder's bill.

Phase 1

- Northern Greenway area and LEAP 1 – L&Q updated on the open space & play area between Wellington Way and Pathfinder Way - all hard landscaping and planting works are largely done. The lit footpath route has been opened. They had planned to seed this in October, but saturated ground prevented this. This will now proceed in the next seeding season, likely April, and this area will hopefully open for use in early Summer.
- Waterparks and rest of Northern Greenway including LEAP 2, north of Linden show homes – hard landscaping is completed, planting works have started and will complete at the end of March. Seeding will begin as soon as possible in the current season (April/May). The Waterpark and remainder of the Northern Greenway and LEAP 2 will open to the public in early summer, subject to grass being established.
- The leisure route footpath from Wellington Road to the Kingfisher Pond will be opened in March when planting has been completed and following completion of the highway footpath link between David Wilson Homes and Barratt – which is due to start next week and complete end of Feb.

We have written a detailed set of notes from the forum which are on our Facebook page <https://www.facebook.com/longstantonoakingtonnorthstowe> or feel free to email us for a copy.

SPORTS PAVILION

The project manager from South Cambs also gave us an update on the Sports Pavilion. The plans and further details for this can be found here: <https://www.scambs.gov.uk/community-development/northstowe-community-forum/northstowe-phase-1-sports-pavillion/>

INTERIM TOWN COUNCIL

Following our Community Governance Review, an Interim Town Council has been set up. This is made up of your directly elected representatives, us as District Councillors and our County Councillor, Peter Hudson. We are really pleased to welcome Rosie Hughes as our interim Town Clerk. She has decades of experience as a parish Clerk, so we are extremely fortunate to have her. This interim Town Council will be in place until the next set of local elections which are currently due in May but may be delayed because of COVID-19. If you are interested in standing as Town Councillor or would like more information, then contact us via the emails below or email the Town Clerk via: interimclerknorthstowe@capalc.org.uk

As ever, feel free to contact us about these on any other issues on:

Sarah Cheung Johnson: cllr.cheungjohnson@scambs.gov.uk

Alex Malyon: cllr.malyon@scambs.gov.uk



County Council

New Town Clerk

It's fantastic to welcome Rosie Hughes as the new interim Town Clerk for Northstowe. Rosie is vastly qualified in all Parish/Town Council matters and will lead the formation of the new Town Council. We are looking for volunteers to put their name forward as Town Councillors; this is a very important and rewarding role, and a leaflet will be delivered to all residents with more details.

COVID-19 Vaccination update

The vaccination programme is now well underway. In our local area an incredible 15 Primary Care Sites have been opened and two additional Hospital Hubs which now gives us full area coverage. The rollout of the vaccination programme in Cambridgeshire is on track to offer vaccinations to the top four priority cohorts by the middle of February. Thousands of vulnerable local people have already received their first vaccination, with thousands more being vaccinated every day. Recent national news reports of the expansion of the vaccination programme to people in their 70s or who are clinically extremely vulnerable, is good news as it means they can start to vaccinate these other priority groups once they have offered the vaccination to the priority groups first.

New vaccination sites now open

With a significant number of new vaccination sites opening in our local area, many more local residents will be contacted very soon to book their appointments.

Some local residents may also receive invitations to book appointments at national vaccination centres, such as Stevenage, but this is just another option. If they can't travel or they would rather wait for an appointment closer to home, they can choose to do that, and their local GP-led service will be in touch soon to offer an alternative. The NHS locally has the capacity and trained staff to deliver vaccines as soon as they have been manufactured and have undergone the relevant safety checks.

Covid-19 Hubs and Libraries helping distribute emergency hygiene packs

Residents struggling whether to afford either food or toiletries are able to contact their local hub to access emergency hygiene packs. Helped by sixteen libraries across Cambridgeshire, the Hubs have distributed over 250 toiletry packs to those needing emergency supplies. The pack includes soap, toothpaste, laundry and cleaning products and sanitary supplies. The County Hub noticed early in December 2020 that quite a lot of requests were coming in to support with hygiene supplies. Families who were low on money were having to choose between food or toiletries. They worked with the library services in each district and provided them with a supply and when they get a request through to the Hub for support, they will direct them to their nearest library to pick up a pack. **Families and individuals experiencing immediate financial hardship with access to food or essential supplies can contact the Hub by calling 0345 045 5219 or completing the support form on the Cambridgeshire County Council website.**

Rapid testing for Key Workers

A Rapid Testing for key workers and all those who cannot work from home pilot is set to launch across Cambridgeshire to help track cases of Coronavirus and drive down transmission rates. A number of sites are being set up across the county offering rapid tests to people aged 18 and over who have no symptoms of Coronavirus. Cambridgeshire County Council has 100,000 tests kits to be used with the potential for the pilot to be extended.

Around one in three people who are infected with Covid-19 have no symptoms and could be spreading the disease without knowing it. Broadening testing to identify key workers showing no symptoms will mean finding positive cases more quickly, which helps break chains of transmission. Initially there will be six sites across the county, with the potential to set up pop-up sites in areas of high need if required. Tests will be offered at no cost to the public. By testing these people on a regular basis - twice a week for at least six weeks - can reduce the number of cases of Covid-19 across Cambridgeshire, limit the number of people who might die or become very ill as a result of the virus. Lateral flow tests are a new kind of technology that can be used to test a higher proportion of asymptomatic people and do not require a laboratory to process the test.

Tests will be available in the following locations:

The Hub, High Street, Cambourne, South Cambridgeshire, CB23 6GW – launches Wednesday 3 February.

Queen Mary Centre, Queen's Road, Wisbech, Fenland, PE13 2PE – launches Thursday 4 February

Soham Town Rangers Football Club, Julius Martin Lane, Soham, Ely, East Cambridgeshire, CB7 5EQ – launches Friday 5 February.

Huntingdon, The Coneygear Centre, Buttsgrove Way, Huntingdon, PE29 1PE – launches Thursday 11 February.

Cambridge, The Meadows Community Centre, 1 St Catherine's Rd, Arbury, Cambridge, CB4 3XJ – launches Friday 12 February.

Each site will be open 8am to 8pm, Monday to Saturday, To book a test, people need to visit
www.cambridgeshire.gov.uk/rapidtesting

Winter grants scheme helps over 32,000 children and young people

Households and individuals across Cambridgeshire and Peterborough facing challenges because of the pandemic have received help from their local authority. More than 32,000 children and young people received support either individually or through their families as part of Cambridgeshire County Council's winter grants scheme. The winter grants scheme supports families and individuals experiencing immediate financial hardship with access to food and essential supplies over the Christmas period and beyond. This support is being offered in two ways – as a direct food voucher scheme or as extra support for vulnerable families and individuals.

- 306 households have been supported with emergency food
- 578 emergency fuel vouchers have been issued
- 133 families have been able to go to their local library to collect personal hygiene products
- 9 replacement household appliances have been provided for emergency situations or medical reasons

This is in addition to nearly 65,000 supermarket vouchers handed out to eligible families and children struggling in the run-up to Christmas, and the same families will automatically receive further vouchers in the February half term. Also, resolving requests for other help and support from around 2,500 households (including help with household heating and water bills, food and other essential supplies).

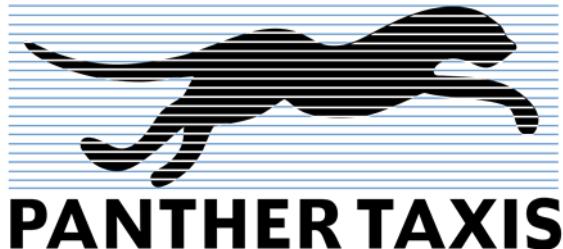
Panther Taxis offer FREE* transport to vaccination appointment

Panther Taxis are offering FREE* transport (up to the value of £10 each way), in partitioned vehicles, to those without transport, who are vulnerable, need 'door to door' assistance and/or financial support, to get to their vaccination appointment simply and safely.

Panther Taxis are funding and facilitating these vital journeys with an initial £10,000 'Covid fighting fund' for those that require help the most across Cambridge - a commitment to local residents from a local independent taxi company.

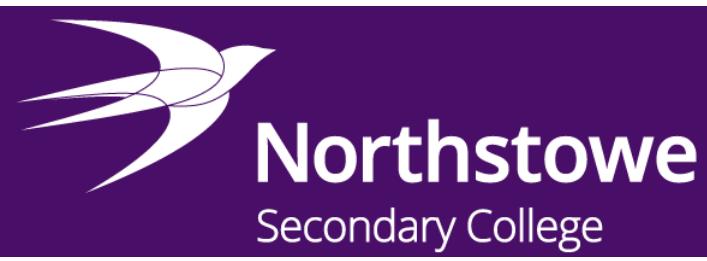
In a time when safety is paramount, Panther Taxis also wanted to highlight the 5 points of protection that they have implemented in order to protect customers on their journeys.

- 1 - Partitioned vehicles available
- 2 - Drivers & passengers wearing face coverings
- 3 - Vehicles cleaned between journeys
- 4 - Hand sanitiser available
- 5 - Contactless payment



*Journeys to and from Cambridge vaccination centres up to the value of £10 each way

To find out more about Panther Taxis, please visit <https://www.panthertaxi.co.uk/>



Northstowe Secondary School

Carole Moss

The excitement of the New Year has been tempered a little for us all with the announcement of the National Lockdown. We love having our children in school and miss having them all with us. We have about 25% of children in school,

accessing our key worker provision. They are a joy to have with us and we are enjoying their company. They are experiencing a full taught curriculum, very different from the first national lockdown when we were providing childcare. All our children, in school and at home, are accessing their usual timetables and experiencing a range of lessons. Most lessons are live or have a live element and their subject teacher is available throughout the hour to support children with their classwork. Our children and families have been remarkable as always and very patient with us, during any technical hiccups! We have loaned out 75 laptops to our families to ensure that all children can access their live lessons and assignments. We have also reinstated our school voucher scheme, to ensure that none of our families go without while schools are not open to everyone. We have chosen our own voucher scheme using WONDE, as we are able to support our families more with the administration. It allows families to access vouchers that can be used in their choice of supermarket. Urban Splash have also been very generous in allowing the bursary money they gave us, to be used to support families in whatever way is best.

Prior to lock down, our outside facilities had been in full use, including our 'Specsavers' sponsored arena. With local teams making full use of the pitches for football and hockey and the MUGA used by 'Over power' for bootcamp style sessions. We have had some internal lettings, with dance groups and we are looking forward to the start-up of adult education classes and the full use of our beautiful sports hall and activity studio. Do look out for our online Adult Education offer on our Facebook page. Whilst our site is finished, we are looking with interest at our neighbours, Urban Splash, with their first houses arriving late January, it is certainly exciting to see the town grow up around us. Our fundraising efforts still continue with our dedicated committee raising money for a joint mini-bus for NSC and Martin Bacon Academy as we continue to look forward to the future when our experiences outside school can begin again. Our children are still working towards their pledges at home, so if you can think of creative ways to help our children to achieve them, we would love to hear from you.

All our good wishes to our community, we hope you all stay safe and well during this challenging time



- LANDSCAPING
- DRIVEWAYS

- PROPERTY MAINTENANCE
- INTERNAL RENOVATIONS

01954 720 222





THE PATHFINDER C OF E PRIMARY SCHOOL



We hope you have enjoyed our positivity quotes displayed on our school fence and gate.

Our Virtual Field Trip to the Arctic with Flipgrid

On the 18th of January 2021, the year 5 and 6 classes of Pathfinder School took part in a virtual talk about Polar Bears presented by Thea Bechshoft. She first introduced herself to us, showing that she lived in Norway, a country close to the Arctic (where polar bears live). Thea started by showing us pictures and told us there is only one species of polar bear and that no matter where in the Arctic you see the creature, they are all the same type.

She told us about the importance of the eco system and how it almost all relies on the sea ice. She talked about polar bears and how their skulls fascinated her. Thea explained that their skulls are long so can reach in the ice to catch their prey. She showed us one of their claws and how they were specially designed to walk on ice but equally useful for hunting. She answered our questions and we found out that female polar bears actually live longer than the males. My favourite part of Thea's talk was where she showed us one of their skulls, I was amazed at how big it was and that it looked much larger than a humans!

It was such an amazing experience, especially during a lockdown, to see and hear from a true expert, firsthand.

By Nathaniel (Y6) and Piran (Y5)



Our School Council

Pathfinder School Council is a group of 12 pupils, representing the views of each of our classes. With the help of our council mascot, Archie, we are working together to be the change we want to see in the world. We want to help change the environment to be more eco-friendly. Once a week, we have meetings where we discuss our ideas; these are currently held virtually. At the moment we are thinking of ideas to help improve Northstowe community. We are planning to make a short video to help our classmates make our local community a really positive place to live.



My Remote Learning

In my opinion, I am doing well with the work I get but I am missing the feeling of going to school and going to breakfast club and I think everyone will feel like that in a way. We are getting taught well and I appreciate that in every way. Thank you to all the lovely teachers.

I am enjoying home learning because I get to see my friends on the Live team lessons, and I am learning new strategies in Maths lesson. I am happy we are still able to learn even though we are in lockdown. I still feel a part of my class still even though we are not actually in school.

I am lucky because I can still come in to school because my mum works at the hospital, but it isn't the same without everyone here. I miss seeing all my friends. I am really enjoying learning on Teams and having live lessons. We have all got a lot better at using the technology in a different way.

“ My daughter absolutely loves the pre-school, she skips in every morning and is always talking about it. The staff are all friendly and polite and very engaging with the children. There is a fantastic atmosphere at the school, and a huge range of activities for the children.

Mrs. W.

“ Thank you to the whole school staff for the incredible efforts and great job you are doing in keeping the education of pupils to an outstanding level, despite the difficult times we are all currently facing. I am very proud that my son is part of this incredible school community.

Mr. F.

“ The support from the SEND team at the school has been brilliant & they are doing everything possible to help my child. Communication is very regular & I am kept up to date with everything. My child is very happy and is finally enjoying going to school again.

Mrs. R



As a school we have very limited shade, so we are raising money towards a sun shade sail (similar to that pictured to the left). If you haven't chosen us as your local Co-op cause, please do so to help us reach our goal. Please visit the website above.

THE PATHFINDER PRE-SCHOOL

preschool@pathfinderschool.org.uk



MEET MRS SAMI - PRE-SCHOOL ASSISTANT

My experience at Pathfinder Preschool has been sugar, spice and everything nice. It is great to see the children's confidence grow from their first settling sessions to them coming into the setting independently; to see and be part of the work that goes in to making each and every child comfortable is a joy.



It would be unfair to choose one enjoyable part of my day at the preschool, but the enthusiasm and excitement that fills you as the children come in, projecting positivity along with their creativity, is just wonderful. It is nothing but a pleasure to engage with them and learn more about them so that their needs are always met. I was quickly welcomed into the team and that just added to the pleasure in working at the preschool.



**WWW.PATHFINDERSCHOOL.ORG.UK
01954 584801**



Face to Face Baby Group

Tuesday 1-2pm

Weekly, Starting 2nd February 2021

Northstowe Community Wing

Pathfinder Way, CB24 1AA

A chance to meet other parents in a very small group with a member of staff from the Child and Family centre. For non-mobile babies. No Charge.

Numbers are restricted so booking is essential. Sign up via message on Facebook SouthCambsChildandFamilyCentre/ Or email ChildAndFamilyCentre.South@cambridgeshire.gov.uk Or call 01954 284572

www.cambridgeshire.gov.uk/child-and-family-centres

 Cambridgeshire County Council



Buttercups

CHILDCARE LTD



Childcare and Early Years education for children aged 4 months to 5 years.

We are now open and following stringent Government guidance.

Staff trained in Covid-19 Awareness.

Monday to Friday, 7.30am to 6pm (excluding Bank Holidays), 50 weeks a year.

2 and 3 year old funded spaces available (including 30 hours.)

Video tour available on request.

Find us in Gladeside, Bar Hill, Cambridge, CB23 8DY.

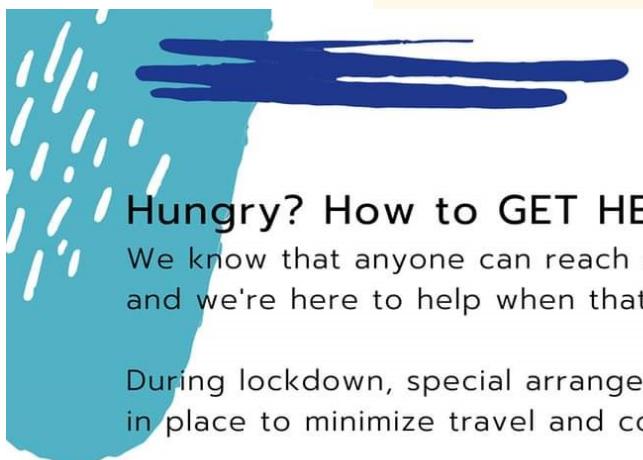
Contact the Nursery

Phone: 01954 488081

Email: nursery@buttercupsc childcareltd.co.uk



www.buttercupsc childcareltd.co.uk



Hungry? How to GET HELP

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

During lockdown, special arrangements are in place to minimize travel and contact

Your local contact is Revd Beth Cope
(Pathfinder Church Northstowe)
07720 330 272 contact@northstowe.church

Beth can issue a food bank voucher which will give you a parcel of three days of emergency food, providing non-judgemental support at the point of crisis.



Read more: cambridgecity.foodbank.org.uk



WILLINGHAM & LONGSTANTON SURGERIES

Reception Tel: Willingham 01954 260230 Longstanton 207600 Dispensary 207602

District Nurse Team: 01223 726469 Option 2 Health Visitors: 0300 029 50 50

Out of hours cover: Ring 111 Website: www.willinghammedicalpractice.nhs.uk

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

Help us help you – busy service

All NHS services are under severe pressure at the moment, as we look after increasing numbers of patients who are sick with covid-19 in the community, and other deteriorating conditions too.

We are also delivering the huge and vitally important covid-19 vaccination programme. Please do not contact us regarding a vaccine, we will contact you.

So that we can focus on these really important issues, we will understandably be prioritising urgent care.

This means that when you contact us, we may have an initial conversation with you to understand how urgent your health needs are.

If you have an issue that is not urgent, you may to wait longer than usual until your problem or concern can be dealt with. You may be asked to rebook at a later date, or at a safer time (e.g. attending for a non-urgent blood test).

Do please make sure that you continue to get in touch with us if you need to. This is particularly important if:

- *your problem is genuinely urgent*
- *you have a long term condition that is getting worse*
- *you are worried about symptoms that might indicate cancer*

Please also remember you can call NHS 111 for urgent concerns, and 999 for serious emergencies. Your local pharmacist can also help with minor complaints too.

For adults with mental health problems including depression and anxiety, you can refer yourself directly to the local wellbeing service, via 0300 300 0055.

If you're experiencing a mental health crisis, call the First Response Service by calling 111 and select option 2 (in Wisbech call 111, select option 1 and ask to be put through to the First Response Service).

The Cambridgeshire County Council has a range of support and information to help in times of urgent need: telephone 0345 045 5202 8am-6pm weekdays 9am-1pm Saturdays. Outside office hours if someone is in danger telephone 01733 234724. In an emergency, call 999. Also see www.cambridgeshire.gov.uk/adults.

Thank you very much for helping us all manage under these very difficult circumstances.

Magpas Donations

In the absence of the Lucky Squares raffle last Christmas, the practice requested donations to Magpas Air Ambulance. We are delighted to announce we raised £100.50 via our 'just giving' page. Thank you to all those that donated. Let's hope Lucky Squares will return in Christmas 2021!

Carers Meeting

Due to the pandemic, the carer's meetings are still currently postponed until further notice. They will be reinstated as soon as it is safe to do so. In the meantime, we would like to continue to support carers in our local community in any way possible. If you are a carer for someone and need advice and financial or emotional support, please contact Sue Lawson at susan.lawson7@nhs.net or 01954 260230.

Lisa Smith –Assistant Practice Manager– March 2021

Book Review

Kathy Fountain

This month I am reviewing two books borrowed from Cambridge Public Libraries.

Ruby's Worry by Tom Percival is a picture book that will appeal to young children. Ruby is a perfectly happy girl until one day she isn't. Nobody else is aware of how she feels and she is too young to know how to deal with her worries. The book has a happy ending as Ruby discovers that other people can be anxious, too, and talking helps her worries disappear.

This is a great book to share with young children at the moment when many of us are stressed and anxious. I love the illustrations, particularly Ruby's facial expressions.

Long Way Down by Jason Reynolds is aimed at teenagers. Will's brother has been murdered in a gang-related shooting and Will is out for revenge. He sets out to find the killer, taking the lift, but in the sixty seconds it takes to descend, ghosts join him at each floor. Will he change his mind?

This is a novel written in verse and is a very quick read suitable for those of us who are struggling to concentrate on a long novel right now. It is edgy and exciting, but also powerful and thoughtful.

If you enjoy novels in verse I also recommend *Booked* by Kwame Alexander and *The Weight of Water* by Sarah Crossan.

Book review

Becca Edney

Drift: The Unmooring of American Military Power by Rachel Maddow is a historical overview of the development of militarization in the USA, taking it from a country whose founding fathers didn't even want it to have a standing army to the world's greatest military superpower.

I've watched Maddow's show for years, so I was excited to find that she also writes books, and this one didn't disappoint. The writing is witty, making for a very engaging read, as she covers decades of American politics and history in detail. The narrative is clear and events are laid out in context to demonstrate each step, especially from the Vietnam War to the present. The result is an extremely thought-provoking demonstration of mission creep and how change occurs over time.

Because of Maddow's style of putting events in context, the book also provides an interesting insight to what changing attitudes to war has done to American politics and culture as supporting the troops has become a catechism while at the same time cutting the military budget and seeking other ways of solving international problems has become unthinkable and also military service affects a dwindling proportion of the American public, making it easy to sweep the actual effects of war under the carpet.

Thought-provoking and surprisingly optimistic despite the dark subject matter. I recommend it for adults interested in American political history.

Basketball Junior and Senior Sessions in Northstowe

There is an opportunity to set up a new local basketball club for both junior and senior players in Northstowe. We are planning to start basketball sessions as soon as Covid-19 restrictions are lifted. At this point, whether you want to play or help the local community in some capacity or you want your children to experience another sport locally, we would encourage you to register your interest by sending an email to northstowe@fastbreakbasketball.co.uk.

On court availability, currently, basketball sessions can begin **every Thursday and Friday** in Northstowe. All sessions will be following protocols recommended by Basketball England to run Covid safe sessions.

The **first junior sessions** are expected to start **every Thursday between 7:15 to 8:15pm**.

These sessions will be run by qualified Basketball Coaches. The initial aim is to set up two teams for **under 12** and **under 14** age groups. If your children are in Years 5, 6, 7 and 8, please register their interest by sending an email to northstowe@fastbreakbasketball.co.uk for these sessions.

The first senior Scrimmage sessions can start every Thursday evenings after 8:15pm.

Please register your interest by sending an email to northstowe@fastbreakbasketball.co.uk. When the time is right, more sessions could be set up for team training for those who are keen to play in a competitive environment.

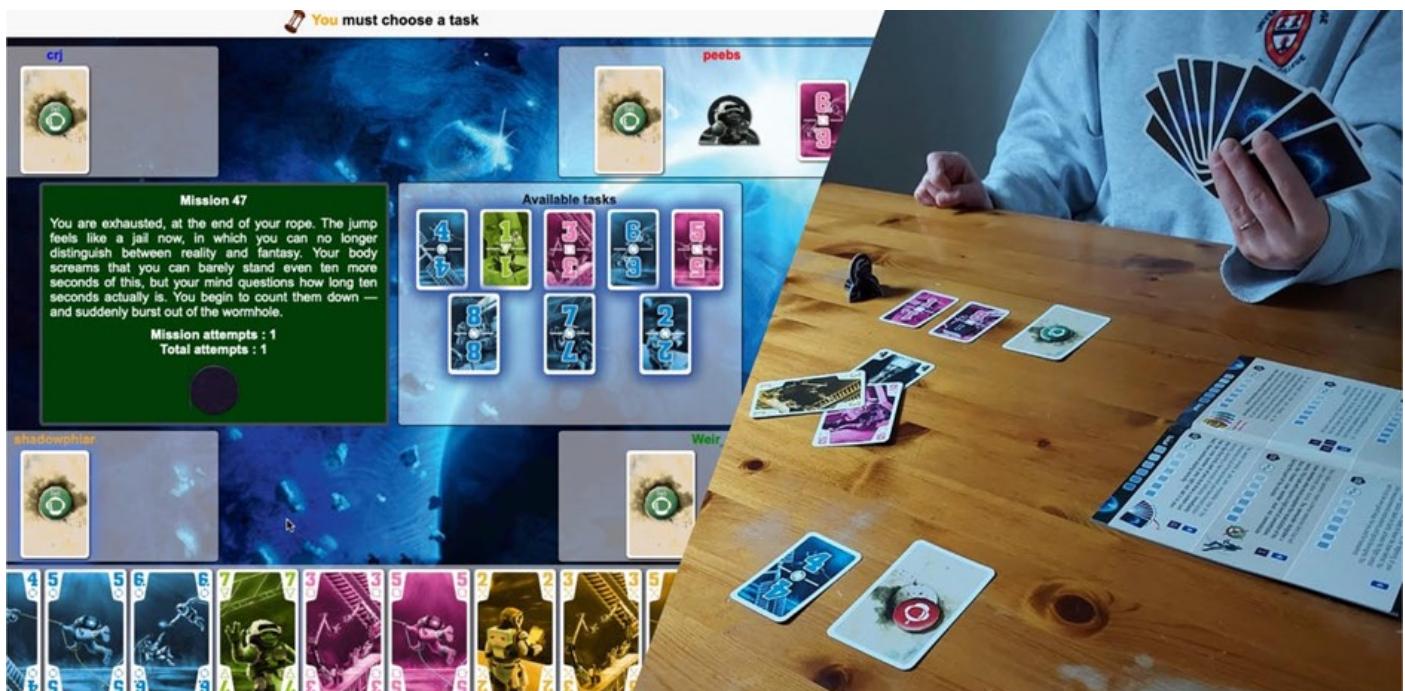


Northstowe Gamers

Andrew and Sarah Collier

This month we're taking a look at "The Crew: The Quest for Planet Nine" - an inventive spin on traditional card games, which was winner of the "Kennerspiel des Jahres" award in 2020.

If you have played any trick-taking card game such as Whist, Hearts or Bridge, then the basic ideas of The Crew will be immediately familiar. The lead player plays a card from their hand, and other players in turn must place another (in the same suit, if they can). The highest card wins the trick and that player starts the next hand, and so on, until all cards are played. The twist with The Crew is that it is a co-operative game, and the players are all working together to achieve a common mission. For example you might be trying to arrange that a particular person must win the trick containing the Blue 5 - and that this must happen before another specified person wins the trick containing the Yellow 8. Or in another game, you must ensure that nobody ever wins a trick by playing a 9 card. Or perhaps you need to achieve both of those at the same time...



Any one hand takes only 5-10 minutes to play, but there are 50 different missions of increasing difficulty so there's plenty of challenge. In fact, even when you finished them all, most of the missions have some random element in their selection (e.g. which specific cards need to be directed at particular players) so there's still more replay value to keep you coming back for more. The science fiction theme is nicely expressed in the artwork on the cards, and also through a story linking the fifty missions together (though honestly it's a paper-thin wrapping). The whole game could have been about cultivating lettuces for all the difference it would make to the gameplay). We like the way players need to think about each other's plays, despite having very limited information about what is in each other's hands. It can be immensely satisfying when you finally succeed after several attempts at a tricky mission.

Will you uncover the mystery of the elusive ninth planet, or will your failures leave you floating alone in deep space? Find out by playing The Crew: The Quest for Planet Nine at boardgamearena.com, or join us online on Tuesday evenings – for details search FaceBook for "Northstowe Gamers" or email northstowe.gamers@thecolliers.uk

The Crew: The Quest for Planet Nine is designed by Thomas Sing and published by Kosmos.

Join the hunt : Facebook NorthstoweRocks

Paint your own rocks and hide around Northstowe for people to find. When you find one put a picture on the Facebook page. Happy hunting! P.S. add them to the COVID snake near the community wing and they may become part of a permanent Northstowe display...





Crafts 4 Smiles

Are you looking to make new friends and/or for something creative to do? At **Craft4Smiles C.I.C.** we are passionate about the benefits of crafting for wellbeing having experienced these benefits for ourselves and want to enable as many people as possible to share in these. We are passionate about crafting and are building a Cambridgeshire and Peterborough-wide paper and mixed media crafting community. Our live, on-line, **Pop-up (2hrs), Short (5/10 week) and from Beginner to Advanced Crafter (1-2 years)** have just been launched.

Finding our smiles again through crafting



Cost

| Pop-Up Events Real Time Online: Course 1A | | | |
|--|--|--|-----|
| Course | | Cost per Person: 1/ Group: 8 people £ | |
| No. | Description | 1 | 8 |
| 1A1 | Bird House Gift Boxes with 'Stepper' Greetings Cards | 36 | 288 |
| 1A2 | Bird House Gift Boxes with Glitter by Stencil Greeting Cards | 50 | 400 |
| 1A3 | Cantilever Box with 'Stepper' and 'A' Frame Greetings Cards | 37 | 296 |
| 1A4 | Cantilever Box with Glitter by Stencil Greeting Cards | 35 | 280 |
| 1A5 | Quilling | 38 | 304 |

The move to online delivery has increased course costs as each participant needs the equipment that we would normally bring to a group session. Tools and materials are posted in advance of each session and are the property of the participant. This has the advantage that participants are now able to engage in a meaningful activity and develop the skills they have learned after the event. Where more than 1 Craft4Smiles C.I.C. course is attended, a reduction for the second and subsequent courses for tools that are shared across courses will be made.

Accessibility/Technology

At a minimum, participants will need access to a mobile phone with sufficient data to load and run Zoom. Access to a tablet, lap-top or computer will enable easier access. We have started to address the challenges of digital access and inclusion so that we can offer a solution.

Course Dates and Booking – November 2020 – April 2021

We have an initial programme for all our courses starting between November 2020 and April 2021. Some courses have been scheduled beyond these dates. Dates for our Pop-ups are given below.

| Pop-Up Events Real Time Online: Course 1A Programme: Nov 2020 – April 2021 | | | | |
|--|--|---|---|---|
| Course | | Date/Time | | |
| No. | Description | Jan/Feb 2021 | March 2021 | April/May 2021 |
| 1A1 | Bird House Gift Boxes with 'Stepper' Greetings Cards | - | Friday 13.30 – 15.30 05.03.21 | - |
| 1A2 | Bird House Gift Boxes with Glitter by Stencil Greeting Cards | Friday 13.30 – 15.30 22.01.21 | Thursday 14.00 – 16.00 11.03.21 | - |
| 1A3 | Cantilever Box with 'Stepper' and 'A' Frame Greetings Cards | Weds 19.30 – 21.30 04.02.21 | - | Friday 13.30 – 15.30 30.04.21 |
| 1A4 | Cantilever Box with Glitter by Stencil Greeting Cards | - | - | Weds 19.30 – 21.30 05.05.21 |
| 1A5 | Quilling | Thurs 14.00 – 16.00 11.02.21 | Weds 19.30 – 21.30 17.03.21 | Thurs 14.00 – 16.00 13.05.21 |

If you would like to commission an event on a date not shown, please contact us as above.

This leaflet will be updated to include dates for later in 2021 during January/February 2021.

* A £5 booking fee is payable on booking to secure a place

All materials and tools are provided in advance. Access to the internet - minimum via mobile phone -- is required.

During the event, we will talk to you about our courses and what we offer. If there is something that we don't currently offer that you would like to do, we will work with you to find ways for you to run it or for us to run it on your behalf – we are keen to hear from you – come along and we look forward to talking to you and working with you in the future.

For more information/to discuss with Fiona or to book, email info@craft4smiles-cic.org.uk or go to www.craft4smiles-cic.org.uk.



An update from Fen Drayton Lakes



Oystercatcher with chicks. The new floating fence will protect these and other species on Ferry Mere.. Photo credit: Richard Brooks (rspb-images.com)

Floating Fences

Ferry Lagoon is one of our larger lakes and the one that many visitors walk around when coming to the reserve. With a large expanse of open water and good views from all sides, you are always guaranteed to see something when following the Ferry Lagoon trail. The north side of the lake is an area of grazed wet grassland containing ditches, shallow pools of water (scrapes), and a small island just offshore between Ferry Mere and the main lake. It is an important area for some of our target breeding species. Many ducks and other waterbirds nest around the lake and ground nesting birds such as common tern, black-headed gull, and waders including lapwing and oystercatcher make use of the wet grassland and island. These species make small piles of vegetation on the ground to nest on or often lay their eggs directly on the ground in slight depressions or in clumps of vegetation.

In order to give ground nesting birds the best chance to successfully fledge their young, we have been working to construct a new floating fence around Ferry Mere island to protect it from ground predators, such as badgers and foxes. Both of these species have been known to swim across to islands to predate the birds nesting there and their chicks.

Anyone who has been up to the hide on Moore Lake will likely have seen the floating fence around one of the islands there. This consists of wire mesh panels, extending above and below the surface, connected to floating booms encircling the island. Installed in 2017, this fence has proved to be a success. Using the same design, but smaller diameter floatation and a lighter weight mesh, the new anti-predator fence should confer the same protection to the island on Ferry Mere as the existing one on Moore.

Wading birds tend to begin nesting in mid to late April and terns in May so we should soon be seeing them make use of the island.

Email: fendraytonlakes@rspb.org.uk

Phone: 01954 233260

Visit rspb.org.uk/fendraytonlakes

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

Northstowe Nature Notes

Hugh Venebles

The main wildlife interest locally has been at Fen Drayton Lakes RSPB, where there has been a good range of scarce birds. Rarest has been a couple of Glossy Ibis, which fed in the flooded fields for much of January while the most unusual was the first January record of Garganey in Cambridgeshire, a small duck that should be in Africa for the winter. Many other ducks and geese are on the reserve, many pushed off the Ouse Washes by the very high water levels covering most of the grass and mud, showing the value in having a range of habitats for different conditions.

The wet conditions have filled the three Northstowe lakes and Kingfisher Pond, together with localised flooding of some fields and the busway cyclepath around Phase 3 for the first time after Washpit Brook hit record high levels (just upstream of Northstowe). Three Shelduck have returned, hopefully to breed like last year. Given the range of wildfowl present, the Northstowe Lakes and B1050 pools have been added to the national Wetland Bird Survey (WeBS), run by the British trust for Ornithology, in which most waterbodies are counted on a set day each month. Together with the A14 excavations there are a number of new lakes, hosting good numbers of birds between them.



Another step forward in Northstowe has been the tree and scrub planting

around Phase 1 lake and the greenways, with a few thousand whips planted of a good variety of species. Hopefully this will improve the look of the area and, with time, provide food and shelter for more birds to come into the central area of Phase 1, as gardens mature as well. In the garden I now have regular visits by Goldfinches, attracted by a Nyger seed feeder, along with an occasional Robin.



National Poetry Day

21st March

Becca Edney

Tell me my name if you are calléd wise
I bind securely those both young and old
Am fed with truth, am poisoned slow with lies
Cannot be bought, have never yet been sold

I heed no man's command, no woman's plea
I come in silence, go without a sound
When I command, to me all bend the knee
Yet none may see me come where I am crowned

You know me, though I'm called by many names
Be mother, father, husband, child, or wife
He lacks a soul who has not known my flames
I stand beside true friends through every strife

The poorest home may count me as its guest
Where I come not, no wealth can give true rest

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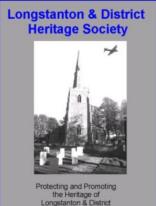
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LDHS MEMORY LANE:

This photograph is from the LDHS Archives, via Michael Goodchild. Dated December 1938, it shows villagers clearing snow off the High Street in Longstanton. On the left is Church Farm; both the house and barn remain standing to this day.

Once sited outside Hatton Park School, the snowplough in this picture is now located at The Manor. It was moved many years ago when the school was rebuilt. Although it is largely in-tact, the snow-plough is rotten in places and needs restoring before it can be moved; sadly wooden artefacts are not suited to being outdoors as they inevitably deteriorate. It would be good if this important piece of Longstanton's history can be restored and placed on display in an indoor location. Restoration needs to be carried out soon before it is beyond repair. If anyone can help organise this or has the skills needed to carry out this work, please contact us.



Michael Goodchild was the son of Rev. John Goodchild, who was Rector and Vicar of Long Stanton All Saints' and Long Stanton St Michaels, from 1936 to 1944. During this time the family took many photographs of Longstanton. Not many families in the village would have had a camera and most of the photographs they took date from 1938. With the threat of war coming ever closer and construction of RAF Oakington underway, taking photographs of the village after this date would not have been possible. Rev. John Goodchild was in charge of the spiritual welfare of RAF Oakington personnel and All Saints' church was an important focal point for both the Bomber Command airbase and 7 Squadron. Sadly, Rev. John Goodchild died suddenly before the war ended and the family were unable to take any more photographs of the village. Those we have are unique.



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Praying, exploring, and sharing whether we're apart or together

This Spring will see those in the Christian tradition marking Lent and Easter, traditionally times to reflect and to notice signs of hope and new life. Those from all backgrounds are most welcome to join in with any of our in person or online faith-based event, as well as connecting with us as we participate in the life of Northstowe in whatever Covid-secure ways we can. While we took all our services online during lockdown, we are still hoping to celebrate Easter with a Campfire Communion in person.



You can find out how to book into any in-person services or events we're running, or how to join us online, by visiting our website. Whether we meet online or in person, we are still here to walk with those of all traditions, supporting each other practically (e.g., litter picks, food banks, friendship) as well as prayerfully.

5 Springtime places to pause, reflect, or pray

Lockdown has brought with it many challenges, and many of us are finding increasingly that we need to plan in deliberate time to pause, reflect, or pray.

Here are a few local places that, travel restriction permitting, might appeal:

1. **Anglesea Abbey** – there is always somewhere in the gardens just coming into bloom! Why not lose yourself in the woodland and grounds; think while you walk or sit on a bench.
2. **Northstowe's Kingfisher Pond** – there's something about water, and the gentle rustle of wildlife, especially at sunset or sunrise, that can bring peace and focus the mind.
3. **The new phase 1 Nature Reserve near the bridleway** – we're all eagerly awaiting this route to open, but already the glimpses of the benches and bridges, and the newly planted trees, suggest this will be the perfect place to meander slowly.
4. **The local Parish Churches** – sometimes, there is something special about a place where generations have prayed before us. Even when gathering for services hasn't been possible, our Parish Church of All Saint's Longstanton can be opened on request for private prayer; in more normal times it's open every day. But even just sitting in the grounds might give you that special place we all need at times.
5. **Northstowe's Pioneer Park** – looking out at the wildflowers which we hope will soon be blooming, quietly reflecting to a backdrop of children's laughter, as dog walkers stroll by, in the shadow of the Wing, can help remind us that we are connected to this wider community, and challenge us as to how we can play our part in growing Northstowe.

Of course you don't have to go to a special place to pray: God is present wherever we are. That is, at least partly, what Christians believe the resurrection and the empty tomb of Easter is all about: that God is too big to be **confined** to particular times and places. Instead, he is available, and ready to listen, whenever we reach out to him. In these times, more than ever, it helps to know that #YouAreNotAlone.

Revd Dr Beth Cope is your local vicar, available to talk through matters of prayer and spirituality, or the Big Questions of life, as well as for weddings, baptisms, and funerals whether you are a regular churchgoer or not.

Contact her at Church House, 6 Woodpecker Close, Northstowe (01954 261 181) contact@northstowe.church

Conversations

True conversation is the opposite of the echo chamber effect of social media.

Social media exacerbates the human tendency to reduce complex issues to soundbites, and for people to listen to and speak up with people who think the same way as them. It's how people can be shocked when a vote is won by the opposition- "No one I know votes for that!" Algorithms giving us more of what we like and the human tendency to tribalism mean we huddle away with people like us, listen to the news we like, and demonise those who think differently.



But conversation, true dialogue with other people, is different. It is slower than soundbites. It takes seriously the reality of the people in the room with me. It seeks to understand other people before judging them. We may still disagree profoundly at the end of true conversations, but hopefully we have truly connected as people despite that.

Jesus models conversations that bridge divides of his day, when for example he spoke to the Samaritan woman at the well. Samaritans and Jews were politically and religiously divided in a similar way to Palestinians and Israelis today. But Jesus went and spoke with the woman, listened to her, dialoguing with her.

Emmanuel Church is creating a space for **conversations on Friday nights**. Whether interviewing people in church about an aspect of their work (we've had a doctor talk about her time treating Ebola patients and someone from the airforce talking about his time in the sky) or watching thought provoking videos on some of the big issues (meaning, human rights, freedom), we have a space for **diverse people to have friendly discussions, on interesting things that matter**.

You can find our latest topic and the link to join in the conversations on our Facebook page and on our website

https://emmanuelchurchnorthstowe.org/Articles/600798/Conversations_on_Friday.aspx

You are also very welcome at our online services every Sunday at 10:30am and 8pm.

<https://emmanuelchurchnorthstowe.org/>

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Pancakes and Ashes

There is nothing like an intriguing book title to foster curiosity in the potential reader. Here are two examples from the Christian church today: '*Silence and Honeycakes*' by the former Archbishop of Canterbury, the Rt Rev'd Dr Rowan Williams, which explores the wisdom of the desert fathers; '*Eggs and Ashes*' a collection of worship resources for Lent and Holy Week, by Ruth Burgess and Chris Polhill from the Iona community. '*Pancakes and Ashes*' - the title for this seasonal piece – is a variation on theirs.

In 2020, Lent began on 26 February as Covid-19 was starting to take hold in the UK, just a few weeks before our first lockdown. This year, Shrove Tuesday was on 16 February and Ash Wednesday the following day. Despite a 3rd national lockdown, we are now in the Covid-19 vaccine season and it is often commented that 'there is light at the end of the tunnel.'

Lent can feel like a long, dark tunnel – a demanding, disciplined 40 day journey. On Shrove Tuesday, the eve of Lent, tradition invites us to eat up all the perishable foods in our kitchen cupboards (perhaps in filled pancakes). Thus, we recall the Israelites swift flight from slavery in Egypt with their unleavened bread. In Lent, some people go on a diet of sorts – fasting from culinary treats like chocolate or alcohol. A scaled-down lifestyle such as this reflects the experience of Jesus being tested in the wilderness for 40 days. The Easter joy of the risen Jesus is the light and hope at the end of the Lenten tunnel.

In recent years, the Church of England has promoted a positive campaign '*Love Life, Live Lent*'. It encourages us to mark Lent by reaching out to care for others in our community and across the world. Also, to recognise the beauty and promise of God's creation and the consequence of our decisions and actions upon it. We have seen this healthy, outward looking theme become a movement which has gained global impetus. Might we consider its call this Lent? I offer this prayer by Chris Polhill as a resource for mindful reflection in the coming weeks:

Creator God, from quark to planet your universe is awesome.
 Give us eyes to gape at the wonders daily about us,
 and the will to live in the harmony of your creating.
 Help us to recognise and honour the connections of all things,
 even at cost to our own wants and comforts;
 so we may live gently on earth, and all creation praise you. Amen.
'From quark to planet'

*A Lent prayer by Chris Polhill from '*Eggs and Ashes*' © 2004 Wild Goose Publications.*

At this time, we are offering worship resources online. The ongoing audio services and talks are accessed via: <https://www.5folds.org.uk/page/online-services-and-resources>

Extra videos can be accessed at: <https://5folds.online/YouTubevids>

*Rev'd Lucy Cleland, Team Vicar
 (Designate) in Swavesey, Willingham,
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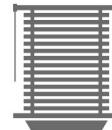
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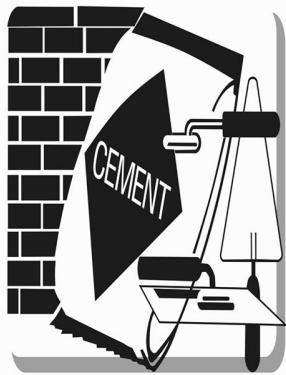
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Easter Word Search



| | | |
|-----------|------------|-----------|
| Basket | Dye | Lily |
| Bonnet | Easter | Parade |
| Bunny | Egg Hunt | Peeps |
| Candy | Eggs | Rabbit |
| Chicks | Family | Spring |
| Chocolate | Flowers | Sunday |
| Daffodil | Grass | Tradition |
| Decorate | Happy | Tulips |
| Ducks | Jellybeans | |



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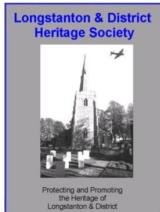
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COMMUNITY RESEARCH: LONGSTANTON & NORTHSTOWE



The work of the Longstanton & District Heritage Society covers many different areas and in recent years this has meant that there has not been the time to carry out our own research into Longstanton parish history. However, last year we were approached for help by Roger Hetherington who was working on a research project of his own. On completing his research Roger kindly agreed to write a series of three articles for us to publish. Below is Roger's first article. With Northstowe phases 1 and 2 being built on Longstanton parish land ours is a shared history, so we hope you will enjoy this series of articles. We were delighted to be able to help Roger and if anyone else has research they would like to carry out we would be delighted to assist if we can. Please see the LDHS Update for our contact information.

The shapers of Longstanton - stories behind the stones.

Inside and outside All Saints' church are impressive memorials and many gravestones marking one-time members of the parish community. But who were they and what influence did they have on Longstanton village? Over the next few months there will be a series of articles about some of these characters based on evidence I gathered from a survey of memorials for my Archaeology and Heritage studies and other research.

Sir Thomas Hatton -1st Baronet and the Golden Hind.

The most impressive memorial monument in the church is that at the East end of the south aisle (to your right as you enter the church). Two well-dressed marble figures lie on a raised pedestal elaborately decorated with figurines of children and animals. Above their heads is an impressive wall canopy with further figures, coloured heraldic shields and mounted on top of that is an ornate 3-dimensional crest with a small animal figure mounted on top, a golden hind. On the end of this monument are detailed inscriptions which, if you look closely, two of them are in Latin (a challenge for any classics scholars reading this, no doubt your translation can be printed in a future edition!)

This monument commemorates Sir Thomas Hatton who died in 1658, and Mary, his wife. He was the first of a line of 10 Hatton Baronets who were Lords of the Manor of Longstanton until 1812. During that period, they effectively ruled the village. Anyone living in Longstanton not related to the Hatton family would have either served them on their estate or owed their living to the family.



Sir Thomas's father was a cousin of Sir Christopher Hatton who served as Lord Chancellor to Queen Elizabeth I and sponsored the ventures of Francis Drake. Drake of course renamed his flagship, the Golden Hind, which, as you can see from this and other memorials in the church, is the Hatton family emblem. (It is also the name of the pub on the corner of Milton and Kings Hedges Roads in Cambridge, further evidence of historic Hatton family influence in the area.)

If you look around you will see the Hatton name on quite a few memorials in the church, especially on the strange 'bread oven' like feature in the chapel to the right of Sir Thomas and Mary Hatton's monument. Not only did the Hattons control the village itself but wanted to make you aware of their primacy before God!

Roger Hetherington



Hot cross buns recipe

Makes 12

25g fresh yeast, or 1 tablespoon dried yeast and 1 teaspoon caster sugar

300ml warm milk and water, mixed half and half

225g strong plain flour, sifted

225g wholemeal flour, sifted

1 teaspoon salt

2 teaspoons mixed spice

2 teaspoons ground cinnamon

1 teaspoon ground nutmeg

50g caster sugar

1 egg

50g melted butter

100g currants

75g chopped mixed peel

finely grated zest of 2 lemons

100g ready-rolled shortcrust pastry

For the glaze:

1 tablespoon water

1 tablespoon caster sugar

1 tablespoon milk



Method

If using fresh yeast, stir it into the milk and water mixture and leave for 10 minutes. If using dried yeast, stir the teaspoon of caster sugar into the milk and water mixture, sprinkle over the yeast and leave for 10 minutes.

Put the flours, salt, spices and sugar into a large mixing bowl. Make a crater in the centre and add the yeast liquid, egg, melted butter, currants, mixed peel and lemon zest. Mix well to form a soft dough, adding a little more milk if necessary.

Place the dough on a floured surface and with floured hands knead for 8-10 minutes, until the dough is smooth and elastic.

Divide the dough into 12 equal pieces and shape into buns.

Place on lightly oiled baking sheets, then cover and leave in a warm place until doubled in size (about 1 hour).

Preheat the oven to 200°C/gas mark 6.

Spread out the shortcrust pastry and cut strips about 1cm wide. Make a pastry cross on each bun, glueing it down with a little water or milk.

Bake the buns for 15-20 minutes. Transfer to a wire rack to cool.

Melt the glaze ingredients over a high heat until just boiling, then brush this over the hot buns to make them shiny. Serve warm with butter.





Saint Patrick's Day Word Search

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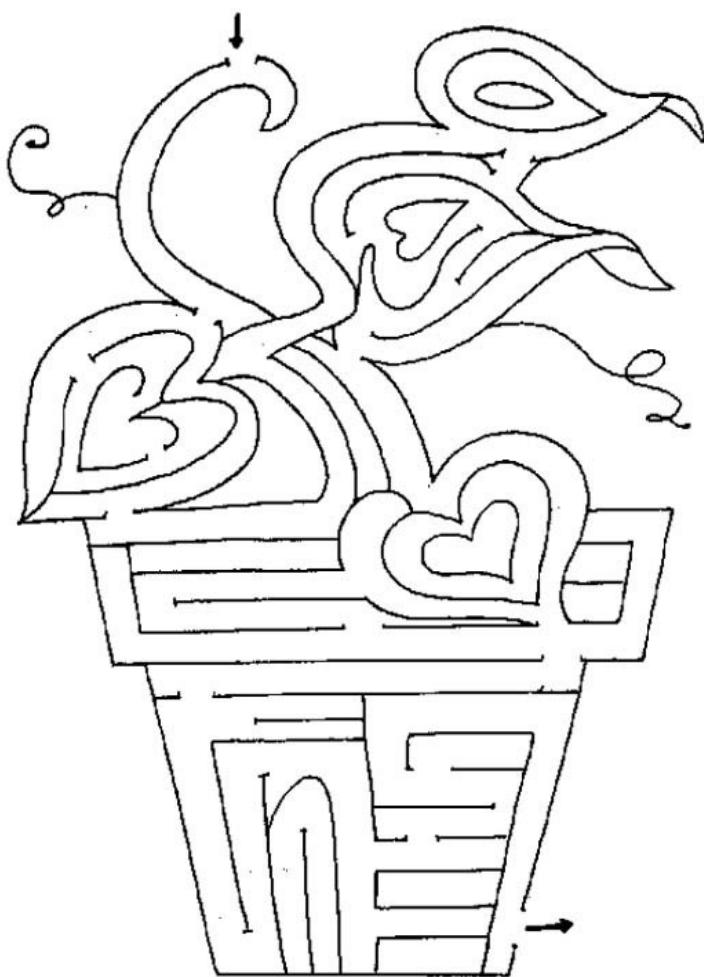
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shamrock

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irish
limerick
rainbow
snakes

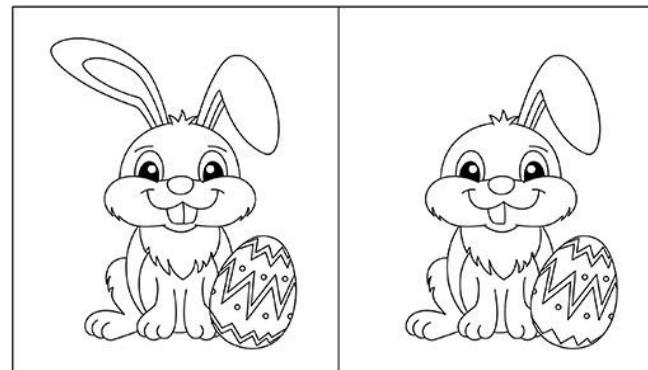
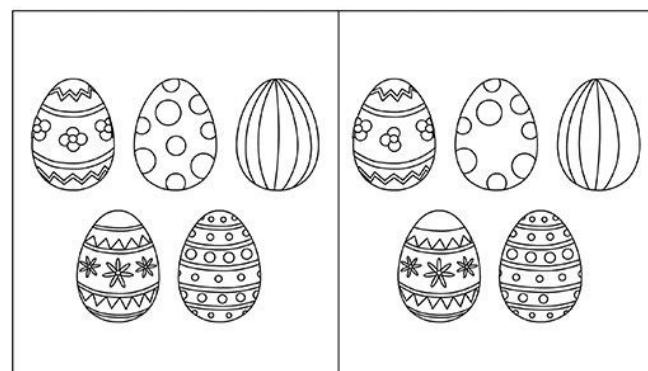
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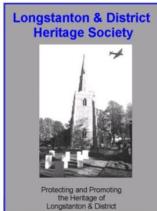
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LDHS UPDATE: NORTHSTOWE — March / April 2021



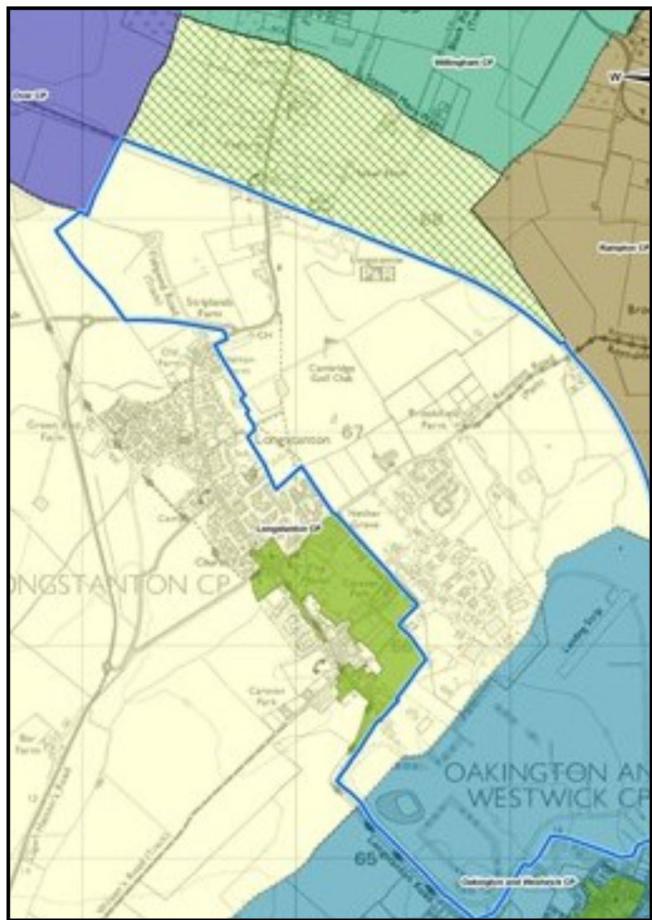
2021—A HISTORIC YEAR AHEAD

The parish lands of Longstanton and Oakington have been inhabited for millennia. From this land three villages formed and were recorded in Domesday Book of 1086. The two villages of "Stantune" and "Stantone" appear to have given rise to the villages of Long Stanton St Michael's and Long Stanton All Saints. A short walk away is the Domesday village of "Hochinton", which would become known as Oakington. These organised settlements originally had a place of worship as a focal point but the inhabitants would have relied on neighbouring land for resources such as timber, with areas being needed to grow crops and raise farm animals. Being so close to the Fen Edge these villages also benefited from easy access to eels, reeds, fish and fowl as well as a transport network offered by nearby rivers and ancient trackways.

It is believed that the parish system in Europe was established between the 8th and 12th centuries, and that an early form was long established in England by the time of the Norman Conquest in 1066. As the influence of the Church increased, the connections between outlying land and a particular village became more formalised. This resulted in the ecclesiastic and administrative system of parishes we recognise today. Of course, many parishes have changed over the centuries, with some disappearing altogether, and in 2021 the parish boundaries of Longstanton and Oakington and Westwick will officially change to make way for the new town of Northstowe. Although Northstowe has had residents since 2017, it has not formally been provided with independent governance and boundaries: this year that will change and it is an important historic moment for all three communities. 2021 will see the first elections to a Northstowe Town Council, with councillors initially standing for a period of one year. Both Longstanton and Oakington and Westwick will lose parish land to Northstowe but in return they will be gaining new neighbours and friends. Perhaps most surprising of all was the revelation, through archaeological excavations, of the extent to which the Northstowe was populated in the past. What was originally perceived as a totally new town now appears to be a continuation of human occupation of the site over millennia.

NEWS UPDATE.....

At time of writing, England has just entered a third national lockdown due to the coronavirus pandemic. Consequently, the usual Spring Season of Talks, normally arranged by the Longstanton & Heritage Society (LDHS), will not be able to go ahead. As usual, our priority is to adhere to all government restrictions and to keep both our members and the wider communities safe from this disease. Fortunately, LDHS is an affiliated member of the Cambridge Antiquarian Society who are hosting their 2021 lectures online. LDHS members are able to access these lectures free of charge and details have been circulated to members by email. More information will follow.



Boundary map for Longstanton, Oakington & Westwick and Northstowe as approved by SCDC following the Governance Review of 2020. The blue line denotes the boundary of the new town of Northstowe.

MEMBERSHIP RENEWALS

Annual subscriptions are due for payment by the end of March. It costs £10 for an individual and £15 for a family. Membership forms can be downloaded off our website: <https://www.ldhs.org> Alternatively please contact the Secretary by any of the methods outlined below and we will provide you with a form. The Heritage Society is a great way to find out more about your community and meet other people, whilst helping us to safeguard our shared heritage for future generations.

Secretary, Longstanton & District Heritage Society, c/o The Manor, Woodside, Longstanton, Cambridge. CB24 3BU
For more information please visit our website at <https://ldhs.org> or contact us by post, Facebook message by or e-mail at ldhssec@hotmail.co.uk



You can still get Advice during Covid-19

We had an Outreach at **Willingham and Longstanton GP**. This is currently suspended, but you can still get help. You can speak to the medical staff for a referral or contact the Advisor directly:

Liz Banks
Cambridge and District Citizens Advice
Email:elizabethb@cambridgecab.org.uk
Phone:01223 222696

Please be patient with all services and staff at this time due to reduced staff and overwhelming number of visitors. The Guidance is always changing; please check online for current advice

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

In addition we've closed all of our face-to-face advice sessions but we are still **Open for Advice** as follows:

- General advice is available via our **Adviceline 0344 848 7979**. This is open Monday to Friday from 9am to 5pm (we now have lots more people answering so it is easier to get through than before)
- You can **email us for advice** or to request a call-back by visiting the website at <https://www.cambridgecab.org.uk/help-advice/get-advice>
- Anyone seeking to make a new claim for Universal Credit should call our **FREE Universal Credit Help to Claim line on 0800 144 8444** (Monday – Friday 8am – 6pm)
- For advice on consumer issues (e.g. issues related to products or services you've purchased, cancelled holidays etc.) can contact the Citizens Advice **Consumer Helpline on 0808 223 1133 for FREE or chat online to an advisor.**

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