

Northstowe News

By Northstowe Community – For Northstowe Community

Issue 32

April / May 2024



News and Updates

EDITORS' WELCOME

As winter fades once again into our memories, we can start looking forward to the warmth of Spring – a season of renewal and celebration. The launch of Western Park Pavilion opens up new opportunities for everyone to get involved in new sports or active hobbies, it will be exciting to see the facilities in use by the community.

Did you know Northstowe has an Annual Town Meeting? In the Cabin, 7pm on 30th April where Northstowe Town Council and other representatives will present an overview and celebration of everything that has been done in Northstowe during the last year. Do come along if you'd like to be encouraged about what is happening here and find out what is coming next!

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

The submission deadline for the June / July issue is **May 1st**.

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Friday 12 th April	Blue and Green Bins
Friday 19 th April	Black Bin
Friday 26 th April	Blue and Green Bins
Friday 3 rd May	Black Bin
Friday 10 th May	Blue and Green Bins
Friday 17 th May	Black Bin
Friday 24 th May	Blue and Green Bins
Friday 31 st May	Black Bin



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Front Cover photo by Michelle Kemp

The Northstowe News editors are happy to acknowledge that the printing and distribution of this magazine was supported by a contribution from Homes England.



COMMUNITY DEVELOPMENT OFFICERS

Mihaela Stan and Michele Eidevik-Skinner

Northstowe Community Forums 2024

The next Forum will be on Wednesday 8 May, starting with a drop-in at 6:30pm and presentations at 7pm. Agendas are usually advertised the week before and questions can be asked on the night by attendees as well as submitted in advance to:

northstowe.community@scambs.gov.uk



International Mother Language Day

We attended the Mother Language Day celebrations organised by Northstowe Hub on Saturday 24 February. This was a free event where residents could come and learn phrases in some of the languages spoken in Northstowe. This was to celebrate International Mother Language Day, which falls on 21st February each year.

Social Walking Group

The CDOs have been supporting the walking group, please look out for future dates on the Northstowe Community Facebook page.

Welcome Packs

We continue to welcome new residents moving to Northstowe and provide Welcome Packs to the first occupants of the house.

Northstowe Community Networkers

A working sub-group has been created to plan the two main events for this year: the Summer Solstice event will be on Saturday 22 June and Light Up Northstowe on Saturday 23 November.

Raised Beds at The Cabin

We have been working with Northstowe Hub and Northstowe Horticultural Association on three garden workshops to design and plan the planting for the two raised beds in the back garden at The Cabin. There will be a separate planting day in May or June.

Menopause Café

There are plans to start a menopause café at the Cabin. We are discussing how and when it could be run. It will mainly be a 'Get together group' but should have guest speakers at a later date.

Community Groups

We have been working with Keepmoat and Northstowe Arts on the cinema screenings taking place at Northstowe Secondary College.

Neighbourhood Watch

We managed to source funding from Taylor Wimpey to fund additional Neighbourhood Watch signs in Parcel H6.

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

UPDATES FROM THE COMMUNITY FORUM

Northstowe Community Forum is your opportunity to hear directly from the developers, the councils, and other public sector bodies, to ask questions and find out everything about what's been happening recently and their plans for the future. Here are some of the things mentioned at the Community Forum in January. Notes and presentations are available at <https://www.scambs.gov.uk/northstowe-community-forum/>

- Planning application for the permanent community building was unanimously approved. Procurement process has started and hoping to award construction tender in March.
- The Education Campus is expanding to provide 78 places of Early Year provision, likely 30% opening in Autumn 2024 with the rest following January 2025.
- Primary School at the Education Campus will open in September 2024 with one reception class age 4+, expanding to a total of 630 places when fully open.
- There will be some roadworks along Stirling Road near construction of the new schools, for about three weeks for installation of water draining to the campus.
- The red and white barriers along Stirling Road are a temporary measure to protect children cycling. They offer good protection but get blown around in bad weather – there are ongoing discussion about what the permanent solution should be.
- In the Keep Moat development (Stirling Fields) SCDC is purchasing 60 affordable homes as a housing provider, some sitting above a ground-floor commercial unit. SCDC is working with business who have shown interest in what will go into there – likely to be Spring/Summer 2025
- The NHS room in the Cabin is being well-utilised 5 days/week providing midwifery and health visiting services
- Future healthcare plans currently are working toward spring/summer 2028 for the Civic Hub to be operational for GP services, Pharmacy, Optometry, Dental.
- In the meantime every time a patient registers with Longstanton & Willingham practice they get additional funding, which gives them ability to hire the necessary GPs (though nationally it is very difficult to recruit). They have the internal space, and contractually the finance, to take 8000 patients during the course of this phasing.
- Do ask receptionist for Enhanced Access evening and weekend appointments, which are delivered by the primary care network.

Northstowe Community Forum

Find out about ongoing
development in Northstowe



Wednesday 8 May
Drop in: 6:30pm | Forum: 7pm
The Cabin,
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DISTRICT COUNCIL



CLLR TOM BYGOTT

Northstowe's sports pavilion opens

Northstowe's brand new sports pavilion officially opened on Saturday 20th January. I attended the opening ceremony with the cutting of a ribbon, which preceded the start of the first football match. The impressive new facilities include sports pitches, a bowling green

and hard surface games area, six team changing rooms - enough for three simultaneous matches, three changing rooms for referees, accessible changing rooms conveniently located near the entrance and a large clubroom.

I am delighted to see these new facilities open and ready for use for residents in the community. I am encouraging people to enjoy being active – pitches can easily be booked online and you can find out lots more information on the pavilion's Facebook page.

Best Value Notice

The District Council continues to be subject to a Best Value Notice from Government. It appears that the administration has not been able to supply answers to all of the initial queries and requests. The Government has subsequently requested further information from the Council.

When there will be a vote to make the trial permanent or not is yet unknown. The Council's Cabinet may alone decide to extend the trial.

On 22 January 2024, the administration finally published the four-day week performance data on the council's website that are being sent to government under the Best Value Notice. The publication of the data follows my team's hard-fought battle to gain access to this information for residents and councillors.

At an Extraordinary Full Council meeting on 20 November 2023, one of my colleagues asked to see the business case for the four-day week. In January, a response to this request still had not been received to see the business case and my colleague followed up on this request. It then turned out that there was no business case – only the original seven page proposal agreed by Cabinet in September 2022. It dealt with the financial implications of the trial with terse the statement: "Financial 27. There would be no cost to undertaking the trial. Legal 28.".

Everything the council does has a cost attached – any time spent on projects by council officers is time being paid for and costing residents, which is why it is so concerning that the Cabinet paper said there was no cost associated with the trial. With no business case to underpin the trial I am very concerned that the true cost of this trial has not been properly considered.

While we have succeeded in getting the administration to share the data they are sending to government, things will not stop here. I will continue to push for more transparency in relation to the four-day week to enable residents to see where their money is going.

cllr@bygott.net 07765 475 513



CLLR NATALIE WARREN-GREEN

This issue of Northstowe news follows the budget approval at South Cambridgeshire District Council. I'm pleased to share that unlike many other councils, SCDC is on a very sound financial footing. Well targeted commercial investments bring in around £7M per year, which mitigates the huge cut in Government support that all councils have endured in recent years. If it were not for the threat of the

Government's Fair Funding Review, which threatens to strip district councils of business tax revenue and give it to bigger, unitary councils, SCDC would have a projected surplus all the way to 2029. Few councils can say that, which is very positive for South Cambs.

When it comes to Council Tax, SCDC remains one of the lowest taxing authorities in the country, with a £5 per year increase – 42p a month - for the average band D home, equivalent to a below inflation rise of around 3%. The Council Tax relief threshold has been increased in line with inflation so that people on the lowest incomes can continue to claim. SCDC is one of the few councils offering up to 100% relief for those residents in most need.

For those keen on sustainability, I happy to share that two more Environmental Enforcement Officers (Envirocrime) are being employed to tackle the increasing problem of fly-tipping and two new posts created for highways litter-picking. SCDC is also adding more staff support to the Zero Carbon Communities Grant scheme – so it should be easier than before for parish and town councils to get support from SCDC on projects to help save energy or generate it.

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

cllr.warren@councillor.online

+44(0)7990553997

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

Looking to donate?

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

Want to volunteer?

We've a friendly local team, who are looking for more volunteers.

Get in touch via cambridgecity.foodbank.org.uk



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



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CAMBRIDGESHIRE COUNTY COUNCILLOR



FIROUZ THOMPSON

Dear residents, it's spring and it's nice to have the lighter evenings return. It's a good time for the town to shake off the winter chill and embrace the outside, we have some amazing routes alongside the lakes and the guided busway, which you can walk and cycle.

Northstowe Education Campus – Nursery update

- The resident survey identified that local requirements are for full-day-care provider.
- The council's Pseudo Dynamic Purchasing System (PDPS) for providers of early years (EY) education and childcare was only put in place last year, does not have many full-day-care-providers. Every year the PDPS opens to providers. The officers thought it was better to run the round to allow more providers to join before running the application for Northstowe, this closed early March.
- Following a report to the Children & Young People Committee in March the call off for the new nursery via the PDPS will commence 15 April and 10 May. The successful bidder will be known by start of June, to allow for a September opening.
- Appreciate this is cutting it short for parents/carers as they would like to have their children's childcare secure for September well in advance, but I will continue to update on the situation. Please note: County Council cannot be seen to favouring one Early Years setting over another.
- The plan is to stagger the opening of the nursery, as during the first term the reception class at Northstowe Primary School, will also be in the Nursery building until the school building is completed.

Budget proposals

The council agreed its budget in February, prioritising funding to improve the condition of roads and footpaths, social care, and support for vulnerable communities.

This was a difficult budget process as many residents continue to feel the squeeze from cost of living pressures, but the council also faces significant cost increases. A balanced council budget for the coming year is no mean feat after more than ten years of national underfunding, when so many county and unitary authorities are struggling.

Those on the lowest incomes are also those who are often most reliant on services provided by the council. The county council had to close a gap of £37.4M, with 75 per cent of the Council's net spending now being funded from Council Tax. Councillors have prioritised a number of key areas, based on residents' feedback from last summer's Quality of Life and budget survey. The budget:

- Sustains critical adults' & children's social care services.
- Includes record levels of highways funding to strengthen and improve the standard of roads and pavements, including tackling potholes, weeds and gulleys—in direct response to residents' concerns.
- Prioritises support for vulnerable communities, including continuing to providing holiday supermarket vouchers for those children most in need.

The council agreed a Council Tax rise of 4.99 per cent—2 per cent for Adult Social Services, and 2.99 per cent for general services—raising £17.5M of local income to help maintain and protect critical services for the most vulnerable communities. For the majority of residents in Band A-D properties that will mean an extra 99p to £1.48 a week.

Contact: firouz.thompson@cambridgeshire.gov.uk
 County Councillor for Longstanton, Northstowe, Over, Oakington & Westwick
<https://www.facebook.com/longstantonoakingtonnorthstowe>



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Do not hesitate to ring, email or visit...

NORTHSTOWE TOWN COUNCIL

TOWN MAYOR, CLLR PAUL LITTLEMORE

Hello Northstowe. With the green shoots of spring here, our Weekly ParkPlay sessions resumed on Saturday 9th March. These sessions run every week from 10:30 until 12:30 at the Multi Use Games Area behind the Western Park Pavilion, everyone is welcome to join these sessions and they are completely free for all to attend.

In my previous column, I shared that the Town Council had approved the recruitment of a Market Manager, I'm pleased to update that we have now completed our recruitment phase and we welcomed Roz Scott on 1st March. This is a significant step in developing the councils Market offering.

As our new financial year starts, it's a great time to remind you that the Town Council has a grant awarding scheme for local clubs and community groups. This scheme is separate to some others that you may already be aware of such as the Kickstart fund. If you are a part of a local organisation that may be able to benefit from a grant award, do review our awarding policy on the Town Council website, and if you have any questions get in touch with the Town Clerk.

On 30th April we will be hosting our Annual Town Meeting at the Cabin from 19:00 until 21:00. This is a great opportunity for you to hear updates on what the Town Council, its committees have been working on over the last year as well as providing opportunities to ask questions of us and other local organisations.

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As always, if there are any topics that you'd like to raise with the Town Council, please do get in touch with myself (cllr.littlemore@northstowntowncouncil.gov.uk) or Mark our Town Clerk (townclerk@northstowntowncouncil.gov.uk), there is always our standing Public Participation item on our meeting agendas. Full Council meetings run on the 4th Tuesday of the month, starting at 19:00 in the Cabin.

TOWN CLERK AND DEPUTY CLERK

Hello to all residents of Northstowe.

There is quite a lot to report this time.

ParkPlay- this will be relaunching on the 9th March at The MUGA 10.30-12.30- Jolynn and Hektor welcome all those that want to attend-Please book your space at www.park-play.com/register All sessions are free

Community Lounge- continues to go from strength to strength, with some highlighted events, such as Bollywood dancing, Lantern Making for Chinese New year, and a talk about New Towns and Garden Cities, to name a few. Please pop along if you haven't been it is free and all are welcome, even if it is to play games, of which there are many or just have refreshments and a chat.

The new Market Manager joined us 1st March her name is Rosamund Scott (Roz)- I hope you will all welcome her. She will be looking at growing the Market by engaging new traders.

Our weekly Sunday Market Dates:

Dates for April: Weekly market – 7th, 14th and 21st ; Larger Monthly Market on 28th April.

Dates for May: Weekly market – 5th, 12th and 19th ; Larger Monthly Market 26th May.

Annual Town Meeting- this is on 30th April at The Cabin 7-9pm. See Meetings, Agendas & Minutes - Northstowe Town Council. Agenda will be published nearer the time.



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GREENBELT GROUP

It's always fun to play with friends and family in the great outdoors... no matter what age we are. At Northstowe we know grandparents, in particular, love to take walks with grandkids and share their love of nature with the next generation.

But did you know that simply being outside, immersed in a beautiful green environment, can also boost your mental health?

The good news doesn't stop here. A new study has now revealed people living near green spaces might actually age slower than those in concrete-cocooned urban areas.

The study was published in *Science of the Total Environment*, with the research team analysing the medical records of 7,800 people and using census data to determine how much green space was in each person's neighbourhood. They found that every 5% additional green space in a development led to a 1% decrease in cell aging.

Who knew having fun outdoors could be so beneficial?

We did! And at Greenbelt, we also understand that encouraging homeowners and visitors to enjoy using their green spaces to interact with one another also helps to create a real sense of community and place in your development.

This is why Greenbelt's maintenance of your green spaces actively nurtures wildlife, flora and fauna in order to create beautiful areas for sharing and boost biodiversity.

Our bespoke management, meanwhile, incorporates support of community events and local groups to help create and strengthen a positive community spirit.

We call this 'placemaking' and it's all about nurturing green spaces that help develop vibrant, happy communities.

We're often asked how we achieve this.

Essentially, Greenbelt provides quality land management and maintenance solutions. Our bespoke programmes, such as at Northstowe, are designed to nurture aesthetic value, ecological integrity and recreational potential.

Our custom-built technology, meanwhile, complements the on-the-ground work and, we're proud to say, elevates its enduring quality above all others.

Ultimately, We aim to provide a high-quality, low-cost service using in-house experts and accredited, professional contractors.

Every new home development is unique and therefore so, too, is the bespoke programme of the year-round maintenance work.

This is determined by Greenbelt's ecologists, horticulturalists and experienced operatives, who examine all aspects of what are officially termed 'Public Open Spaces', carefully plan the maintenance, and ensure ecological monitoring and reporting take place as the green spaces grow and mature, all helping to mitigate the impacts of climate change.

Our experts in ecology, horticulture, arboriculture and more want to bring you and your community with us on the nature recovery journey. As well as creating and implementing Conservation Management Plans, we have strong working relationships with the likes of The Woodland Trust, RSPB and more.



Above all, we prioritise the needs of our customers and at Northstowe we are committed to making a positive, enduring contribution, with years of experience in community-based events.

So, if you have an idea you believe could help everyone grow together and have outdoors fun at Northstowe, why not visit the My Community page at greenbelt.co.uk?

We can help your project through funding, expertise and professional guidance.



LET'S GROW TOGETHER AT NORTHSTOWE!



From wildflowers to wildlife-friendly habitats, Greenbelt's land stewardship at Northstowe nurtures sustainable biodiversity to create a beautiful and healthy environment

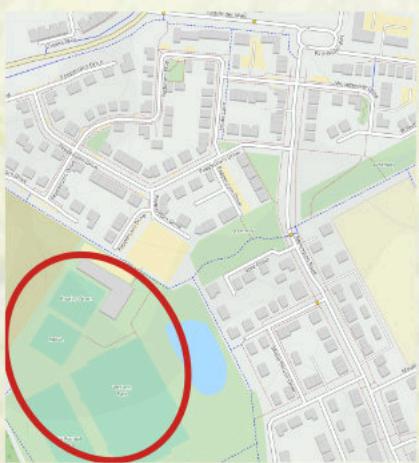
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We also love to help develop vibrant communities. Do you have an idea to help everyone grow together at Northstowe? Visit the My Community page at greenbelt.co.uk ... We can help your project through funding, expertise and professional guidance

Sports, Health and Wellbeing

OPENING OF WESTERN PARK PAVILION

Western Park Pavilion, the sports pavilion for Northstowe Phase 1, has now been officially opened! It provides changing spaces for teams and referees, including fully accessible changing facilities, and a large clubroom area including a commercial-grade kitchen.



The ribbon was cut by South Cambridgeshire District Council Chair, Cllr Peter Fane, and the Mayor of Northstowe Town Council, Cllr Paul Littlemore, on Saturday 20th January. Members of Northstowe Town Council and other residents were invited to tour the new facility, and Longstanton Football Club played their first match on the state-of-the-art 4G astroturf pitch.

Operation of the pavilion and pitches is being overseen by a management board, made up of the district and town councils, Longstanton Bowls Club and Northstowe Sports and Wellbeing Group, meaning that the community will be able to influence the way the facility is run. The District Council selected Elite Sports UK as the partner to run the facility because of their track record of operating similar community sports facilities elsewhere across the region. Pitches can now be booked online from £50 for a one-hour session.

HUNTINGDON AND NORTHSTOWE HOCKEY CLUB

We are fast approaching the end of the season for Huntingdon and Northstowe Hockey Club and we are currently sitting 8th in the division. We've had some tough games but have learnt a lot, ready to improve for the next season. We have welcomed lots of new club members into our Development Team and many have played their first ever matches this season. The club website <https://www.huntingdonandnorthstowehockeyclub.com> will have details of extra sessions over the summer break. We welcome both experienced and beginner abilities. If this sounds like something you'd like to try, please get in touch by emailing hello@huntingdonandnorthstowehockeyclub.com.



HEARING AID MAINTENANCE

Cambridgeshire Deaf Association (CDA) Hearing Help :
A new Hearing Aid Maintenance session, every 1st Wednesday morning of the month from 10am to 12pm at Bar Hill Community Church, the Meeting Room, Viking Way CB23 8EH.

The venue has free parking and is wheelchair accessible. No booking necessary, just drop in.

My name is Gerry Robinson, and I am the new CDA Hearing Help Champion looking after Cambridge City Centre. CDA is enjoying being back in Bar Hill after Covid, and seeing some familiar faces and lots of new ones also. In these sessions we maintain NHS supply hearing aids, replacing tubing and domes etc., we can signpost and supply hearing aid batteries.

I love doing this job as people leave our sessions with huge smiles on their faces and I know through personal experience the impact hearing loss can have on people's physical and mental wellbeing. My mum recently had to start wearing hearing aids and prior to this she had become quite depressed, unable to join in conversations or talk on the phone to friends and family. She was becoming isolated, stressed, and angry. Thankfully, that has now all changed, and the aids have even helped with her balance, allowing her to walk her dog more confidently and get a bit of exercise. Wearing hearing aids has had a huge impact on my Mum and it's fantastic knowing that by running this service, I'm part of a team that are doing the same for people all over Cambridgeshire.

Our service also provides a wonderful volunteering opportunity either as a Technician or Receptionist, full training is given. Please get in touch if you might like to find out more information on our volunteering roles. Tel. 01223 416141 or email su.fletcher@cambsdeaf.org <https://cambridgeshirehearinghelp.org.uk>

SCOUTING IN NORTHSTOWE

Adult support urgently required.....

Northstowe is a growing community and the Scout group is thriving. However, to meet the demand for scouting among the young people of Northstowe adult support is desperately needed.

There are many adult roles in scouting and it does not matter if you cannot help every week, if you feel you have the time to support the group please contact us at info@1stnorthstowescouts.org.uk

Thoughtful Thursdays

An informal, safe, and confidential project run by volunteers and professionals to support child, parent, and family wellbeing.

9.30am - 11am
Thursdays,
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The Cabin
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Northstowe

Talk to us,
don't suffer
in silence.

We can provide support including referrals for therapy for your child and family, parenting support and strategies, and emotional support.

Cambridge Acorn Project

www.cambridgeacornproject.org.uk

Saturday, 31 August 2024
Northstowe Running Festival

Care Network Cambridgeshire is calling ALL runners!

Inclusive, family-friendly event

Range of races to suit you

Raise funds for a local charity

5k, 10k or Half Marathon



If you'd like to get involved and #RunForCareNetwork, get in touch TODAY for support through your fitness and fundraising journey!

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OVER DAY CENTRE

Sunday 12th May 2024

The Five Pub Challenge

Back by popular request, the 5-pub Challenge walk. See old friends, make new ones; perhaps walk as a group. All proceeds to go to the Over Day Centre, this year to help raise funds for enhancing the garden areas around the Centre with attractive beds, enabling clients to enjoy garden activities.

Meet at Over Day Centre, Drings Close, CB245NZ from 10.00am, for a 12.5 mile walk through the beautiful Cambridgeshire fens to the Pike & Eel, the Ferry Boat, the Three Tuns, the White Horse and back to the Over Community Centre.

Minimum donation of £12 per adult, children free. Under 18s are very welcome but must be accompanied by a responsible adult. The length of the route may make it unsuitable for younger children.

For details and to register, please view :


www.overdaycentre.co.uk/fundraising/5-pub-challenge-2024/
or call the Day Centre
01954 231807

You can register online and donate before the day, the quickest way, or you can print the form yourself and complete then donate with card payment or cash on the day. If you are unable to join us but would like to donate, please go to:
www.justgiving.com/page/overdaycentre-5-pubs-2024

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ParkPlay

park-play.com

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#MeetMovePlay

Northstowe-Longstanton ParkPlay

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Details and register at park-play.com



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When can I play and how much does it cost?

Affordable and flexible Pay&Play- open for everyone anytime by using booking system (£2.5/30mins).

Membership runs for 12 months (90£ adult membership, £120 couple membership), there is also a 3 months trial for £35 ideal to get you started! Members can have free use of courts at any time (except at the times of club sessions and team matches).

We have three regular social sessions per week at the following times: Tuesday from 6pm, Friday from 6pm, Sunday from 11am. These sessions are open to all adult members. Juniors are also welcome, provided they can play to an adequate standard. Non-members looking to learn more about the club would also be welcome to join us for a free taster. If you wish to do so, we advise you contact us beforehand so that we can ensure someone will be there to meet with you.

For those more competitive players, we also run a mixed and mens team in the LTA League. A good way to enjoy an evening of tennis in a friendly and relaxed atmosphere!

Coaching and events are also frequently organised.



**LONGSTANTON
TENNIS CLUB**

Where can I find the Club and what courts do we have?

We are situated in the corner of the Longstanton Recreation Ground, next to the bowling club. Access is via Over Road, and parking is available next to the Pavilion.

Recreation Ground Longstanton, Longstanton Sports & Social Club, Longstanton, CAMBRIDGE, Cambridgeshire CB24 3DN.

We have two all-weather hard courts and play all year round. We also have brand new floodlights, available for club sessions throughout the darker months.

For more information, visit our website:
<https://clubspark.lta.org.uk/longstantontennisclub> or contact us at

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The Husband is 88 and the Wife who is disabled is 93

Please email jodoveton@googlemail.com
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A BABY CLASS WITH A TWIST

(and a Plank, and a Downward Dog!)

Ever wished the baby groups you attend had something for you too?

Why not try a Baby and Postnatal Yoga class? These classes incorporate different elements for the baby, for you, and activities to do together.

For Baby:

Baby Yoga stimulates your little one through touch, movement, and rhythm. The sequences aim to enhance flexibility and strength, supporting the individual development of each baby. Tactile stimulation also contributes to brain and nervous system development. Regular practice can lead to improved sleep patterns and digestion, as well as relief from colic. Baby yoga is suitable from birth until crawling.



For You:

Breathing techniques will help you relax and reconnect with your core and pelvic floor muscles. Postnatal Yoga is specifically tailored for the postnatal body, aiding in regaining strength, maintaining posture, and toning your back, abdominal muscles, and pelvic floor. You can start Postnatal Yoga after your 6/8 week post-birth check. In the meantime, you're welcome to attend a Baby Massage course.

For Both:

Many adult yoga postures can involve your baby. Each class concludes with a joint Relaxation session, fostering a calming conclusion to the shared experience. The classes encourage social interaction, providing time for discussions and the opportunity to form new friendships, often carried on outside the session.

The aim is for everyone to be happy, so the different sections will flow, following the little ones' mood. Attending to the needs of infants is encouraged, so if you need to change or feed your baby or if they want to sleep, that's fine.

In conclusion, attending Baby and Postnatal Yoga classes is a valuable investment in the well-being of both you and your baby. These classes offer a blend of physical recovery, emotional support, and social connection, creating a positive and nurturing environment.

Cristina Freniche,

Baby and Postnatal Yoga Teacher at My Yoga Corner, Northstowe

Please use the code **PBYtrial** for a free taster at your local class

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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****BANK HOLIDAY CLOSURES**

Please note the surgery will be **CLOSED** for the bank holidays on **Monday 1st April, Monday 6th May and Monday 27th May**.

Please plan ahead and make sure you have enough medication to last for the long weekends, remembering to order your repeats at least 3 working days before collection.

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

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

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

PREGNANCY

If you have had a positive pregnancy test, or are pregnant and have recently moved to the area, you are able to self-refer to the Rosie Hospital and Rosie Community Midwives for your care.

For further information on what to do next, and to download the Pregnancy Self-Referral form, please visit the web page below:

<https://www.cuh.nhs.uk/rosie-hospital/maternity/pregnancy-pathway/>

Once you have completed the form, email it to their booking line admin team on cuh.cmnewbooking@nhs.net (all instructions are on the form).

For women who require a translator, or who don't have digital access, please call **01223 348981** and leave a voicemail with your name and NHS number. Please be advised

to email your self-referral form or telephone the service as early as possible following a positive pregnancy test.

BLOOD TESTS

If you have a pre-arranged blood test booked in the surgery, it is important to ensure you are well hydrated when you attend for your appointment. This also includes when attending for a fasting blood test – although you must not eat, please ensure that you drink plenty of water. This will help to make your test less uncomfortable.

SAMPLES

When you are dropping off any samples, as requested by the doctor, nurse or reception team, please bear in mind that they will need to be dropped off no later than 4.30pm to ensure they do not miss the last hospital collection of the day. Unfortunately, some samples do not keep well overnight and you will be asked to drop a new sample in on another day.

CANCELLING APPOINTMENTS

We understand that sometimes plans change and you may find you are unable to attend the surgery for a pre-booked appointment. We respectfully ask that you contact the surgery by telephone to let us know if you can no longer make it. You will not have to hold for any period of time, just press option 3 which will allow you to leave a message to let us know. Please do not cancel appointments last minute via email as, when we are very busy, we are unable to monitor the email inbox.



to email your self-referral form or telephone the service as early as possible following a positive pregnancy test.

DR CATHY SUTER

Many of our patients will be sad to hear that Dr Suter has finally hung up her stethoscope and fully retired from the Willingham Medical Practice team. You will be aware that Dr Suter semi-retired from her partnership but did continue to step in as a locum GP when we needed her. All the staff will miss her and we are sure that the wider community will join us in wishing her well in her retirement, when she intends on spending lots of time with her family.

PHARMACY FIRST SCHEME

Patients can now get treatment for seven common conditions (see below) directly from their local pharmacy, without the need for a GP appointment or prescription:

- Sinusitis
- Sore throat
- Earache
- Infected insect bite
- Impetigo (a bacterial skin infection)
- Shingles
- Uncomplicated urinary tract infections in women

Pharmacy First will enable community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate. You can get treatment for these conditions by walking into the pharmacy or contacting them virtually. The pharmacist will be able to speak to you privately in a separate consultation room and they may perform an examination or ask to access your medical records. The pharmacist will be able to recommend the best course of action on an individual patient basis, including by issuing prescriptions for antibiotics or antivirals where necessary. By reducing the number of patients with common conditions, needing blood pressure checks or oral contraception visiting a GP, Pharmacy First aims to free up 10 million GP appointments a year by next winter for more complex diagnosis. This will give GPs time and space to see patients with more complex conditions and we thank you for your support by using this new initiative.

CARERS MEETING

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meetings on **Wednesday 3rd April and Wednesday 1st May** at the Willingham Surgery, where we will be holding drop in sessions **between 2pm and 4pm**. Please come along and get some support from other people in the local community. Refreshments are provided, there's no need to pre-book and it's completely **FREE!** Meetings are held on the first Wednesday of every month and for more information please contact susan.lawson7@nhs.net

PLEASE REMEMBER TO TREAT ALL OUR STAFF WITH KINDNESS AND RESPECT.

WE ARE ALL WORKING HARD, UNDER EXTREMELY DIFFICULT CIRCUMSTANCES TO ENSURE ALL OUR PATIENTS ARE SEEN AND TREATED IN THE BEST WAY

Willingham Medical Practice – April/May 2024

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ALL EYES ON NEW BAR HILL OPTICIANS

Specsavers, the high street's leading opticians and audiologists, is delighted to extend its portfolio with a new high-tech store in Bar Hill.

Led by directors Jaanvi Vadhar, Kam Dhillon and Henry Churchill, the team has invested over £460,000 to bring the latest innovations available in the industry right to Bar Hill.

Delighted to offer world-class services

Optical director Jaanvi Vadhar says: 'Our investment will provide locals with top-quality, affordable optical and audiology services for many years to come.'

'We decided to respond to the community's needs with our new store. Across the whole of the UK, we are an ageing population and here at Specsavers, we can provide optical and audiology services that are currently offered in hospitals and GP practices. Locals can now benefit from having these services on their own high street, such as treatment for minor eye conditions or micro suction for ear wax removal.'

What to expect from the new store

One exciting innovation that features at the store is Optical Coherence Tomography (OCT). It uses 3D scanning technology to view the eye in more detail than ever before and pick up wider health issues such as early indicators of diabetes and high blood pressure. Jaanvi advises: 'The technology is normally found in hospital eye departments, so it's great to be able to bring it to Bar Hill.'

Fashionable eyewear brands at great prices

Frame choice at excellent prices is yours at Specsavers and Bar Hill is no exception.

Jaanvi says: 'From toddlers up to grandparents, our comprehensive range promises to have a style to suit you.'

'We are also home to other popular brands such as Pierre Carden, Nicole Fahri, Superdry, Love Moschino and Gant.'

Caring for children's eyes

The Bar Hill team welcomes children and promises that your child will have an enjoyable experience at their store.

Jaanvi says: 'Good eyesight is vital for children as their vision helps them explore and learn about the world around them. Up to 80 per cent of everything a child learns at school is presented visually, so being able to see clearly is important for their overall development.'

"Regular check-ups are the best way to make sure your child's eyesight is as good as it should be or that any problems are picked up and treated before they have an impact on their education. That's why we recommend that all children have an eye test before they start school. They don't need to be able to read - our opticians here at Bar Hill have lots of other ways to assess their eyesight.'

Children under the age of 16 are entitled to an eye test every two years or sooner if recommended and receive a voucher towards the cost of glasses. Specsavers at Bar Hill offers a range of complete glasses (including frames and lenses) for the value of the NHS voucher. The team goes one step further, however, by giving children a second pair, absolutely free.

Looking forward to meeting Bar Hill customers!

Jaanvi concludes: 'We are all really proud of our new store and already, have received lovely feedback from local families. If you are after a friendly, knowledgeable team, we are here to help and look forward to seeing you very soon.'

The store is now open six days a week, 9:30 am to 5pm, Monday to Sunday.

Anyone unable to visit the Specsavers Bar Hill store unaccompanied due to disability or illness may be eligible to care at home via a team of mobile opticians. The Specsavers home visits service covers more than 90% of the UK. To check eligibility, please visit <https://www.specsavers.co.uk/home-eye-tests/eligibility>

For further information, call the store on [01954 770352](tel:01954770352) or visit <https://www.specsavers.co.uk/stores/barhill>

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Including digital retinal photography

Right now, you can have an eye test for just £10 with the attached voucher. If the optician recommends it, or if you're over 40, we'll include digital retinal photography as part of your eye test at no extra cost.

£10 eye test voucher

Book online at [specsavers.co.uk](https://www.specsavers.co.uk)
Need a hearing check too?
You can get one free in store

Bar Hill The Mall Tel 01954 770352

Specsavers

Cannot be exchanged for cash or used with any other voucher. Excludes customers already entitled to a free NHS-funded eye test. Valid for one eye test on or before 30 June 2024. Voucher must be presented at time of eye test. One per person at named Specsavers stores only.



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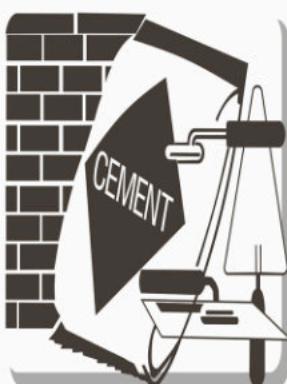
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What's On In Northstowe

MULTIPLE DAYS

Meet the Community Officers

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

Midwife and Community Health Services

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

Food Trucks

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

MONDAYS

Tang Soo Do (£)

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

Beavers

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

Over Power (£)

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

Cubs

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

Football (£)

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

Tai-Chi (£)

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

Social Run

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

Book Club

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

Northstowe Jets Basketball (£)

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

TUESDAYS

Micro Library

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

Baby and Postnatal Yoga (£)

Have fun with your baby while safely rebuilding your core and pelvic floor, stretching and strengthening. Suitable after your 6/8 week check. 10am and 1pm at Longstanton Village Hall. myyogacorner.uk

Baby Massage 5 week course (£)

Learn techniques to help you bond with your baby, soothe them, help with wind and colic, as well as calming ideas and other topics. Suitable from birth. 11:30am at Longstanton Village Hall. myyogacorner.uk

Stay and Play Group

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

Baby Group

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

Guides (Girlguiding) (£)

A group for girls aged 10 to 14 to explore the things they love and do stuff they've never done before. Activities, crafts, games and more. guiding@thehays.net

Fastbreak Basketball (£)

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

Northstowe Board Games

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

KEEP US UPDATED PLEASE!

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

WEDNESDAYS

Northstowe Hub Café

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

The Baby Hub

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

Little Stars (£)

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

Youth Drop In at Northstowe Hub Café

Youthwork run by Romsey Mill and Northstowe Youth Hive for school years 7-9. 4-5.30pm termtime. Free snacks, or add low cost treats from the café.

Rainbows

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

Longstanton and Northstowe Limpers

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

Dance Fit (£)

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

Over Power (£)

(See Monday's entry for details)

PFPS playground, 6pm & 7pm

THURSDAYS

Little Explorers

Time for you, your child, and God.

Breakfast from 9:15, main session 9:45-10:45am in PFPS www.northstowe.church/little-explorers

Micro Library

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

Baby Massage 5 week course (£)

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

Gymnastics (£)

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

Tang Soo Do (£)

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

Northstowe Community Lounge

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

Sustainable Northstowe

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

Pregnancy Yoga (£)

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

Northstowe Cricket Club

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

Fastbreak Basketball (£)

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

Over Power (£)

(See Monday's entry for details)
PFPS playground, 6pm and 7pm.

Scouts

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

Northstowe's Compline (Night Prayer)

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

FRIDAYS

Acrobatics and Dance

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

Postnatal Yoga with Baby (£)

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

Mobile Library

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

Arts Club (£)

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

Sewing and Design (£)

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

Judo (£)

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

SATURDAYS

ShapeXchange Functional Fitness Classes (£)

Fitness for real life - 45 minute classes to build your strength, stamina, balance and flexibility. 9:15am in WPP every Saturday morning, from 6th April. Find out more and book now at www.shapexchange.co.uk/classes

ParkPlay @ Western Park Sports Pavilion

FREE Healthy outdoor fun with games for everyone. Join us every Saturday any time between 10:30am and 12:30pm on the Multi-Use Games Area behind WPP. Please register at <https://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 Buntly Waters 07734 690580 or Fr. Adrian Gates 01223 622699

Open Mic

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

SUNDAYS

Sustainable Sundays

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

Northstowe Weekly Market

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

Northstowe Hub Café

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

Emmanuel Church Northstowe

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

ShapeXchange Functional Fitness Classes (£)

(See Saturday's entry for details) 11am in WPP.

Pathfinder Church Sunday Gatherings

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

Ignite Youth Group

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

LOCATION ABBREVIATIONS

Cabin

The Cabin, 1 The Green, CB24 1FD

NSC

Northstowe Secondary College, CB24 1DJ

PFPS

Pathfinder Primary School, CB24 1AA

WPP

Western Park Pavilion, CB24 1DA

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

Little Explorers

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

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

**Time
for you.
your child.
and God**

**Thursday Mornings
at The Pathfinder CofE
Primary School**
9:15am: free-flow & breakfast
9:45-10:45am: main session

STAY AND PLAY

Contact us to Book

Cambridgeshire Child and Family Centres

- For families with children aged 10 months or walking
- Weekly play-based activities and themes
- Learn about your child's development and enjoy time together
- Meet other parents

Tuesdays 10am
The Cabin, Northstowe
1, The Green, CB24 1FD

TELEPHONE: 01954 284 672
CHILDANDFAMILYCENTRE.SOUTH@CAMBRIDGESHIRE.GOV.UK

Youth Drop in

*Open Wednesdays
during school term
4-5:30pm*

A SPACE TO HANG OUT WITH FRIENDS
 FREE SQUASH AND TOASTIES
 LOW COST HOT DRINKS AND MILKSHAKES FROM THE NORTHSTOWE HUB CAFÉ
 TABLE TENNIS, CRAFT ACTIVITIES & BOARD GAMES

THE CABIN, PATHFINDER WAY NORTHSTOWE CB24
 4-5:30PM
 FOR SCHOOL YEARS 7-9
 ALL ARE WELCOME!

Get in touch for more info
emma.whitbread@romseymill.org
 @Northstowe_youth on Instagram

ROMSEY MILL

NORTHSTOWE HUB

NEW Youth Club

FOR YEAR 9 - SIXTH FORM

What are you looking for?

- a space to meet with friends?
- play games or sports?
- try new arts and crafts?
- chill out and relax?
- enjoy snacks and refreshments?
- have a chat and find support from youth workers?
- Or something else?

... and when/where works best for you?

We'd love to hear from any young people in years 9-6th form: Get in touch

Emma.whitbread@romseymill.org

ROMSEY MILL

ST GEORGE'S DAY (23 APRIL 2024)

As the patron saint of England, St George is often viewed as quintessentially English, but he is one of the most widely venerated saints in Christianity and England shares his patronage with, among others, Ethiopia, Malta, and Gozo.

St George's cult originated in the Middle East, where the earliest accounts of his life record him as a Roman soldier of Greek heritage who was executed when he refused to recant his Christian faith. The Latin and Greek accounts differ on who executed him: the Greek version blames Emperor Diocletian and places the story in Nicomedia in modern Turkey, while the Latin version blames Dacian, the emperor of Persia in the area of modern Iran. While the Greek version of the story appears in older manuscripts, it's inconsistent with the fact that St George's cult is first recorded in Lydda, near modern Tel Aviv.

The dragon appears in St George's legend in the 1000s, before which it seems to have been more commonly associated with St Theodore Tiro in the 800s and 900s, not to mention the fact that the motif of a hero rescuing a damsel from a monster of some kind appears in multiple pre-Christian stories. The association between St George and the dragon spread rapidly through Eastern Europe and the Middle East in the 1100s and then travelled to Western Europe with the crusaders, who adopted him along with a number of other soldier-saints. It's here that he gained his iconic white horse and red cross.

The legend really took off in the 1200s with the writing of the Golden Legend, a collection of saints' tales. It then became a favourite subject of stories and art throughout the Middle Ages and the Renaissance.

Becca Edney



St George, the dragon, and the princess from a French copy of the Golden Legend from 1382. It comes from the British Library, shelfmark BL MS Royal 19 B XVII, f109r.

NORTHSTOWE ARTS

Singing in Northstowe

While Northstowe has a lot going on in terms of community groups and activities, at the moment one thing that is missing is a choir or community singing group of some sort. This is set to change with experienced local singer Laurie Pearce collaborating with Northstowe Arts and Anna Jenkins from Northstowe Open Mic to set up a new group.

Laurie, who trained in musical theatre and worked professionally, is excited to collaborate on this initiative to bring an uplifting and welcoming group for those that share a love for singing and music in the community!

To make sure that this group is really giving Northstowe the kind of music that it wants, we have put together a very short (4 questions!) survey just to gauge interest and the kind of singing and music people are interested in. You don't need to supply a contact email address at this stage, although if you are interested and do want to get in touch with us you can add that to the 'Anything To Add' box.

We would really appreciate hearing from you so we can make Northstowe Chorus be what Northstowe wants. Please fill in our survey (just scan the QR code or visit [surveymonkey.com/r/BFQRPDF](https://www.surveymonkey.com/r/BFQRPDF)) - we really do want to know what you think!

ARTS

**WOULD YOU LIKE TO JOIN
A NEW SINGING GROUP
IN NORTHSTOWE?**

LEARN NEW SKILLS, MAKE FRIENDS, AND HAVE FUN SINGING.

**WHAT WOULD YOU
LIKE TO SING?**

PLEASE COMPLETE OUR 4-QUESTION SURVEY TO LET US KNOW!

NORTHSTOWEARTS.CO.UK

NORTHSTOWE HOME SERVICES
SIMPLIFY YOUR LIFE

- LANDSCAPING
- PROPERTY MAINTENANCE
- DRIVEWAYS
- INTERNAL RENOVATIONS

01954 720 222



THE FIRST CONCERT IN NORTHSTOWE

A little bit of history was made on Friday 2 February, when tenor Charles Daniels and lutenist Elizabeth Kenny performed the first concert in Northstowe at the Secondary College.

The programme consisted of lute songs from the Elizabethan era, written by several different composers, of whom the most famous was undoubtedly John Dowland; other composers included Morley, Campion, Ferrabosco, and Danyel.

Charles sang them using what was, to the best of his considerable knowledge of the era, the original pronunciation used at the time, specifically around the London area. He has also been doing this on his recordings, where relevant, for several years.

Between the songs he provided the audience with brief but very well-informed background information, usually about the song itself, but often also about the composer and the lyricist (who were occasionally both the same person; for one or two of the songs, the lyricist was unknown or conjectural). He displayed considerable erudition, a lively sense of humour, and a genuine love for the songs he was presenting and the historical era from which they were drawn. The songs themselves he treated very much as they deserved, singing each with that special combination of warmth, clarity, and outstanding technical expertise that marks him out as still possibly the finest early music tenor in Britain. His singing was perfectly complemented by the intricate lute-playing of Elizabeth Kenny, who also performed two very beautiful solo pieces.

Those who attended the concert may be interested to know that some of the songs performed on the night have been recorded by Charles with another highly skilled lutenist, Nigel North, on an ATMA Classique recording entitled simply "Lute Songs".

There will be a second concert at 7:30pm on Friday 21 June; this will feature mezzo-soprano Catherine King and harpist Frances Kelly. The musicians are still in the process of finalising the programme, but as far as I know at the moment it will cover a broad range of music from mediaeval to Renaissance, so there should be something for everyone. Further details will follow!

Makepeace McEvoy



COMMUNITY LOUNGE

The Community Lounge in Northstowe has been thriving for over a year now, and it will continue for at least another year. Since its inception, we have hosted a variety of engaging activities and workshops, including yoga, dancing, theatre workshops, numerous craft activities, International Women's day talks, discussions on Carbon Litter, New Towns and Garden cities. Additionally, every week, we come together to enjoy games like Mah-jong, table tennis, and chess, while socialising over free refreshments and food brought by volunteers to the community larder. It's truly heartening to witness the enduring success of this initiative and the strong bonds that have formed within our community as a result. We extend our heartfelt gratitude to all the volunteers who have tirelessly contributed to its success, as well as to the Northstowe Town Council and its councillors for their unwavering support, and to CACRE for their generous funding.

Community Lounge Working Group





An update from Fen Drayton Lakes



Learn about wildlife on a guided walk – Ben Andrew

As spring breathes new life into the landscape, the shimmering lakes come alive with a vibrant tapestry of avian wonders, offering a sanctuary for both seasoned birdwatchers and curious adventurers alike. This is one of the best times of the year to connect with nature as birds arrive back from their winter travels, bumblebees emerge from hibernation and blossom lights up the hedgerows.

This year we are putting on a series of events to enable people to explore the reserve in various ways.

Starting in April with what is undoubtably one of the highlights of the season, we will be running a **Dawn Chorus Guided Walk**. The reward for the early start will be the wonderful soundscape that can be heard around the reserve with help identifying the numerous species, both resident and migrant, singing from trees, hedges, and reed.

At the other end of the spectrum, we have an **Evening Guided Walk** scheduled in May. Take advantage of the opportunity to be guided to various parts of the reserve and be expertly shown the animals which are more active later in the day up until dusk.

Wild(ish) Camping is again featuring this year for organised groups at our secluded location on the shores of Ferry Lagoon. You will have a great opportunity to connect with nature, taking photos and only leaving footprints.

Our monthly **Wednesday Wander Guided Walks** have been running successfully for many years, led by knowledgeable volunteers. By joining one of these walks, you will get to explore some of the best parts of the reserve and learn what can be seen throughout the year. Every walk is different so why not try it for yourself?

Ever thought of learning a traditional skill? Our annual **Willow Weaving Workshop** will be back this year during which you will weave your very own garden obelisk for climbing plants. The event is led by a very experienced weaver and uses willow sourced from the reserve.

For the first time this year, we will be running a **Canoe Tour** at the reserve in the autumn. Slink through the reeds on our new water-based trail to discover one of the harder to view lakes from a new perspective. Guided by experienced staff you will be in good hands.

Whether it's the tranquillity of a leisurely stroll along the lakeshore or the thrill of spotting a rare bird in flight, Fen Drayton Lakes beckons with the promise of inspiring encounters and unforgettable moments.

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

Email: fendraytonlakes@rspb.org.uk

Phone: 01954 233260

Visit rspb.org.uk/days-out/reserves/fen-drayton-lakes

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

NORTHSTOWE CHESS CLUB

please email: chessnorthstowe@outlook.com if you plan to join

WHERE: The Cabin (Temporary Community Centre) Assembly Room 2

WHEN: Every Thursday in April, 6–8pm

10 boards available



Together with Sport & Wellbeing

£4/person



SPORTS & WELLBEING NORTHSTOWE

All Levels welcome!

Learn how to play, practice chess with others or simply follow some strategy book moves.

Anyone below 18 years old should be accompanied by an adult

Do you crave space to STOP, BREATHE, PRAY ?

Whatever your background - whether you are just starting to explore your spirituality, or a pilgrim dusty from the journey, you are welcome to **rest** in God's presence with the Compline Community as we share silence and poetic liturgy.

We're also dreaming and planning for a quiet reflective chapel space in Northstowe: might you want to get involved?

www.northstowe.church/compline
contact@northstowe.church

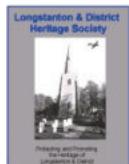


Alongside Pathfinder Church and Little Explorers, we are part of the Northstowe Church Network, an inclusive ecumenical partnership of the Baptist Union, United Reformed Church, and Church of England led by Revds Beth and Stephen

HERITAGE SOCIETY UPDATE: April - May 2024

Longstanton & District Heritage Society

THE HERITAGE ORGANISATION FOR
NORTHSTOWE TOO



Our Role:

Since LDHS was launched in 11 May 2007, the Heritage Society has created the LDHS Archives, with donations coming from older village residents, former veterans of RAF Oakington and Oakington Barracks, and people from across the world whose family members were associated with the villages of Longstanton, Oakington and Westwick or the airfield. Following the collapse of the Heritage Annex project, these archives are now at risk if a heritage facility on Northstowe is not forthcoming. Whilst we continue to work with others to see what can be offered within the town centre, we need significant support from across our communities if this is to be achieved.

The Heritage Society's continued aim is to protect the shared heritage of our communities and to make information accessible to the public as far as is reasonably possible; however more help and support is needed for this to be achieved. Heritage and history talks from the wider local area and the SW Fen Edge will also be promoted in a variety of ways and the active use of local historic buildings will be encouraged. LDHS remains committed to working with a range of partners to ensure our archives and artefacts can be displayed locally and are accessible to the communities of Longstanton, Oakington, Northstowe and the wider SW Fen Edge.

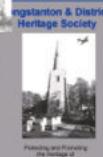
The New Membership Year Begins:

The 1st of April sees the beginning of the 2024-2025 membership year, so this is a great time for new members to join and help influence the future direction of the Society and the LDHS Archives. Covering both the heritage of Old Longstanton and RAF Oakington and Oakington Barracks the LDHS Archives are a shared asset for our three communities. Whether these archives can be protected for the future is now being debated and it is important that Northstowe residents, the Town Council, local Councillors and the Northstowe developers help us to shape a positive outcome. If you would like to join the Heritage Society please complete the membership form that you can find on our website and of course please contact us if you would like further information. Looking to the future, we would like to try and ensure that there is greater public access to LDHS digital archives but we need professional advice to ensure that access does not undermine the viability of any future heritage facility. Getting this balance right is critical which is why discussions on public access to digital images and a possible future heritage facility have to take place at the same time.

Why join the Heritage Society:

- You will be helping to safeguard the LDHS Archives and support the Heritage Society's work to ensure that the Northstowe Phase 2 planning commitment for the display and storage of the LDHS Archives is met
- You will be helping the Society promote Northstowe as a heritage hub so that archaeology of the Northstowe site and the social, rural and military heritage of Longstanton, Oakington, RAF Oakington and Oakington Barracks can ultimately be displayed locally
- You will also be helping to promote Northstowe as a heritage hub and focal point for heritage information and events for the wider SW Fen Edge area
- Your membership will enable the Society to promote and support the work of other local societies including their heritage talks and events

Please do take this opportunity to join us - you would be most welcome



Month of Ramadan

In the last issue, we talked about the preparations being done by Northstowe Muslims for Ramadan, the blessed ninth month of the Islamic lunar calendar, which is going to start from 11th March for a period of 29 or 30 days, at the end of which ***we will celebrate, Eid-ul-Fitr (Festival of breaking fasts), with the wider Northstowe Community, irrespective of faith or none.***

The verse from Quran, which guides us to observe Ramadan is very clear, '*O believers! Fasting is prescribed for you—as it was for those before you—so perhaps you will become mindful of Allah*' (Quran, Chapter 2, Verse 183)

This year, for the first time, Northstowe Muslims are organising 'Taraweeh'. These are the special nightly prayers performed by Muslims during the month of Ramadan. These prayers will be offered in congregation at 'The Cabin' after the obligatory 'Isha (night) prayer. Taraweeh prayers consist of recitations from the Quran, typically completing the recitation of the entire Quran over the course of Ramadan. Taraweeh prayers are considered a highly meritorious act during Ramadan, and many Muslims strive to attend these prayers regularly throughout the month. We at Northstowe Muslims are very excited to do this for the first time, here in Northstowe!

We have also not forgotten our promise for the 'Community Iftaar', where we will invite everyone. It should be happening, in the last 10 days of Ramadan. More details will be shared in the next few days.



Community Iftaar, where everyone can bring one dish to eat and share, in a proper community fashion.

Zayd ibn Khaalid al-Juhani said: The Messenger of Allah (peace and blessings of Allah be upon him) said: "Whoever gives iftaar to a fasting person will have a reward like his, without that detracting from the reward of the fasting person in the slightest." (Tirmidhi, Sawm: 82; Ibn-i Majah, Siyam: 40)

Over the last few months, we also had a very fun-filled get together, where the Northstowe Muslims members treated each other with some great dishes. We also had an activity of story telling organised by the children themselves, where they

talked about the special night of Al Isra Wal Miraj, after which they were all treated to some snacks.



In the end, on behalf of all of us at Northstowe Muslims, we wish the entire Northstowe Community

'Ramadan Mubarak' or 'Ramadan Kareem'



Website: www.northstowemuslims.org

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

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

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

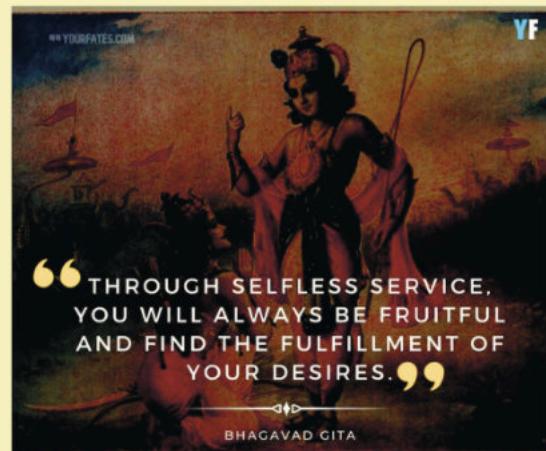
Hindu Samaj Northstowe (HSN)

In Srimad Bhagavad Gita, Bhagwan Shri Krishna quotes "Through selfless service, you will always be fruitful and find the fulfillment of your desires." Following these teachings of Shri Krishna we're kicking off this year with an even stronger commitment to serving those around us. That's why we're excited to announce the launch of our HSN Outreach 'Seva' program.



In Hindu tradition, "seva" is all about giving without expecting anything in return. It's a big deal during festivals like Diwali and Navaratri, where we don't just celebrate but also help out those in need, spreading light and care. Seva isn't just for one group - it's for everyone, no matter where you're from.

You'll see temples and groups worldwide doing seva, reaching out to different communities. On special days like Gurupurnima or saints' birthdays, seva gets even more focus. People come together to serve meals, offer medical help, and support education.



In the beginning of this year we celebrated the festival of Makar Sankranti by giving charity, food, and other essential items to those in need. It's a time when the spirit of seva shines brightly, as communities come together to share blessings and abundance with those who are less fortunate.

As part of our HSN Outreach Seva program, we'll be organizing a series of events and activities tailored for the Northstowe community. These initiatives aim to bring our community together while also supporting our local charities and food banks. Through these efforts, we hope to make a positive impact and foster a spirit of unity and compassion within our neighbourhood.



Seva Parmodharam

Northstowe Holi Mela
come join the fun

Saturday 27 April
1:30 pm - 6 pm

Western Park Sports Pavillion,
Northstowe, Cambridge

LIVE Bollywood DJ, Dance Workshop,
Indian street Food, handcraft stalls & more

For stalls and other enquiries contact:
Neal - 7773 775012

More details coming soon!

Only organic colours used



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



NORTHSTOWE CHURCH NETWORK

praying, exploring, and sharing

Registered Charity Number 1206577



Revd Dr Beth Cope is lead minister of the Northstowe Church Network, working closely with Revd Stephen Dove. contact@northstowe.church www.northstowe.church



// NEWS

Pathfinder Church launches the Northstowe Church Network in celebration of partnership... with space for you!

From the start, Northstowe has been characterised by people working together to make a difference. As those involved in Pathfinder Church have put down roots in Northstowe, our commitment to *"praying, exploring, and sharing"* has inspired partnerships with schools, councils, developers, and people from across the community.

Partnerships include....setting up the Northstowe Youth Hive and working with Northstowe Hub Cafe to launch the after school youth drop in, winning national funding to support partnership with The Pathfinder CofE Primary to develop outdoor spaces, helping run clubs in Northstowe Secondary School, pushing for the Faith Strategy Group, or partnering with Sustainable Northstowe (and a growing number of other organizations) to run litter picks. We love hosting events like Advent Windows, Beer and Carols, and the recent Pancake Party (pictured), and joining with the Winter Festival, Running Festival, and Community Centre launch with our Deckchair Listening Project.

We're also partnering with those moving into Northstowe who want to explore faith and worship together, drawing on the richness of all the Christian traditions involved in Churches Together. Our first worshipping community, Pathfinder Church, has a particular focus on multisensory and interactive worship, and is continually shaped by those (of all ages) who join us.

But we recognise (and celebrate) that people are different: some find it easiest to meet God in silence, or poetic liturgy; some love to sing and make music; some encounter God in nature; some love the interactivity of Pathfinder Church's Sunday Gatherings! We recognise, too, that people's weeks look different: some of us are free on Sunday afternoons; while others might be working or caring for others, so are looking for their spiritual community during the week. And then there are different Christian traditions, which each bring their gifts!

So we have a dream. What if Northstowe could become host to a whole range of expressions of Christian faith, meeting at different times through the week, developing with and for those who join them? But, more than that, what if these small and flexible worshipping communities could commit to work together for occasional big projects and social action, and to come together seasonally to celebrate festivals? Perhaps they could share the administrative burden, making it easy to try out new things for a season? And, because they are part of a whole, their fluid boundaries allow people to try out different ways of worshipping and nurturing their faith?

- Pathfinder Church's Sunday Gatherings**
3.30-5pm in The Pathfinder CofE Primary School
- The Compline Community** meet fortnightly on Thursdays at 8pm (venue on request)
- Little Explorers** meet 9.15-10.45am on Thursdays in The Pathfinder CofE Primary School



Therefore a new legal framework has been set up. The Northstowe Church Network is a local ecumenical partnership of the Church of England, United Reformed Church, and Baptist Union of Great Britain, and continues in close partnership with other Churches Together churches in the area. What unites those involved in this new charity is much more than denominational background. It is rooted, growing, and transforming faith based on an encounter with the ancient and eternal God who still changes lives today.

The Northstowe Church Network will also provide a robust governance structure for a potential new community centre, run in collaboration with residents, local authorities, voluntary and other organisations. The proposal is for a sensitively designed, open-hearted, lakeside venue, featuring adjoining internal and external worship and community spaces, allowing for private devotion, corporate prayer, worship services and the celebration of life events. It will be the main home for one or more missional and worshipping communities. A series of flexible spaces will allow not just the local church, but other community organisations, community services and faith groups to hire appropriate facilities. The entire site will be used for worship when the whole church gathers, such as at festivals and seasonal gatherings, complementing the ongoing use of other hired spaces across Northstowe. Thus the Northstowe Church Network aims to offer a peaceful, prayerful presence, having the confidence to hold the ministry of hospitality and loving service alongside acts of Christian worship.

If this catches your imagination, we'd love to hear more from you! We already have three very different worshipping communities, all committed to *"praying, exploring, and sharing"*: The Compline Community (who value the silence and poetry of a chapel space), Little Explorers (time for you, your child, and God), and the multisensory Pathfinder Church. Might you find your home in one of them? Or what else is needed?

SAVE THE DATE: 14th April

Find people from across the Northstowe Church Network cheering the Northstowe Half (am); Join our Afternoon Tea celebrating the work and partnerships of the Northstowe Church Network at 3.30pm, concluding with our AGM at 4.30pm
The Pathfinder CofE Primary School Hall



Sharing food together

'This man welcomes sinners, and eats with them.'

In the biographies of Jesus (the Gospels), Jesus is known for the way he enjoys meals with people. He eats with high-ranking religious officials and outcast "sinners". He eats with his followers, and he feeds the crowds, miraculously multiplying a lunchbox to feed thousands.

Eating with people builds relationship and community. So we as a church community aim to eat together. Around once a month, we have a church lunch together. People bring a wide range of different foods: home made or shop bought, British, Chinese, African, South American, Indian and more. Everyone is welcome to join us; it's usually on the first Sunday of the month but check our website or Facebook page as it is sometimes moved to another Sunday.

Our weekly smaller gatherings in homes often include a meal together as well as time discussing the Bible and praying.

Food is also something Jesus uses to teach spiritual truth. He calls himself the **Bread of Life**, the one we need to feed on spiritually to have eternal life. And Jesus says that the friendship with God he gives is like friends enjoying a meal together. That's why he tells Christians to celebrate the Lord's Supper, a "meal" of bread and wine, a physical sign of spiritual friendship with God. The bread and the wine point to Jesus body and blood on the cross, helping us remember the death of Jesus to reconnect us to God.

We hope we reflect Jesus in offering a welcome to everyone in Northstowe to visit us and share a meal with us. If you're interested in exploring how Jesus brings friendship with God, we'd love to help you, so do visit or get in touch (email below).



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

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

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

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

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

The primary contact person is:

Rev'd Jenny Hill

Interim Leader of the 5folds team ministry

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



Catholic Church

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

Phone: (01223) 704640

Live streaming available.

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

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

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

GAME OF THE MONTH

Andrew and Sarah Collier

Most of the games we review are ones that we have discovered within the last 15 years or so. However this month we are looking at a game I have played since my childhood. It was one of my favourite games because it wasn't just roll-and-move.

In **Labyrinth** you are trying to collect artefacts from an ever-moving twisty turny maze. Every turn you receive a piece of maze which you can push onto the board from wherever you like, then you can move along the new corridors to collect your artefact (or at least get closer to it).



Labyrinth is designed by Max J. Kobbert, and published by Ravensburger.



Games can be placed somewhere along a strategy/luck scale. On one end you've got Chess, and Hey that's My Fish (which we reviewed back in issue 6) that are pure strategy, and on the other Snakes and Ladders or beggar-my-neighbour (traditional card game) that are pure luck. Most of the games we play on a Tuesday night are somewhere between these and the people who come along to play all have a different opinion of where along that line is the best. Most typical children's board games tend towards the luck end; and although Labyrinth wasn't pure strategy (what artefact you need to get is luck based and can make a big difference) it is further toward the strategy end than most of them. Every turn there is a meaningful decision to make, and multiple ways to help yourself while blocking your opponents.

There are now a few different versions you can buy, the classic dungeon maze artwork, or themed versions for fans of Super Mario, Harry Potter, or Spidey and His Amazing Friends.

The house numbers along our road are all in the wrong order, but is it easier to navigate than a maze with shifting walls? Why not visit us on a Tuesday evening and play Labyrinth, then you can let us know how they compare. For details search FaceBook for "Northstowe Gamers" or email northstowe.gamers@thecolliers.uk



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

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

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

April 16th and May 21st

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



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We used AlphaCEC for a business transfer from Longstanton to London Heathrow for the first time this week. Brilliant service and a really lovely driver. Highly recommend for business and personal use.

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

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

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



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It has been 12 months since we first formed Northstowe Hub CIO.

In that time, the Cabin has opened, and we have become part of the management board. We organised the Cabin opening celebration last September. The Hub Cafe is up and running. We coordinated this year's winter festival, provided lots of free hot chocolate at community Christmas events and had a great Mother Language Day celebration in February.

**Join us as we celebrate the story so far and future plans
Tues 16th April 7:30pm in the Cafe at the Cabin**



NEW "BABY HUB"...

New parent? Want to meet up with others with babies locally? We are starting a drop in group just for you. The group aims to provide a safe and inclusive space for parents and caregivers to connect and socialise, creating a supportive network for sharing parenting experiences and advice. Breastfeeding support and sling library will be available.

Find us in the Cabin: Wednesdays 10:30-11:30am starting 17th April

Thanks to support from Keepmoat we are working on developing the planting within the cabin garden. Following successful design workshops in March there will be opportunities to get involved planting up the space.



INTERESTED IN BEING A TRUSTEE...

We are on the lookout for some new Trustees. Would you be interested in helping continue shape our vision for community activities in Northstowe? Take responsibility for one of our projects? Manage our social media and communications? Get in touch if this could be YOU!



The Hub Cafe continues to be a great "hub" for our community. Have you been yet?
Drop in on a Wednesday 9am-12:30pm, 3:30pm-5pm, and Sunday 10am -2pm. We'd love to see you!



northstowehub.org



info@northstowehub.org



northstowehub

BOOK REVIEWS

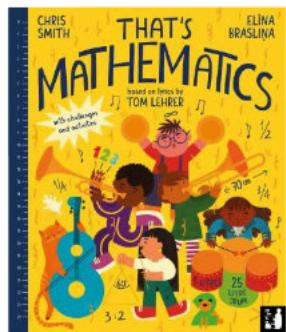
That's Mathematics
by Tom Lehrer and
Chris Smith

This is a non-fiction picture book about everyday maths that can be read on different levels.

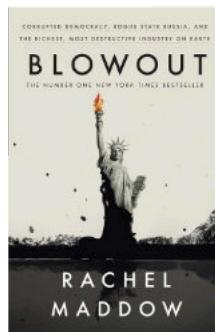
Young children interested in numbers can enjoy the funny pictures and number games, while older children can try some of the challenges. It covers a wide range of maths concepts from counting and telling the time to probability and geometry. Activities include counting sheep, bouncing a ball, a spinning game that will make you dizzy and baking muffins. There is also a website where you can listen to the accompanying song and download activity sheets.

Recommended for children up to 8 years old.

Kathy Fountain



Blowout by *Rachel Maddow* is a study of the role of oil and the oil industry in world events and US politics over the last several decades, culminating in an examination of its importance to Russia and Russian power overseas. It begins with the first oil wells in the USA in the 1800s, moves on through various worldwide problems and environmental disasters plaguing the American oil and gas industries, and then oil's role in the politics of Russia and how it affects both American companies and, as a result, American politics, culminating in the election and presidency of Donald Trump.



Maddow has a distinctive style of building from apparently-random starting points to develop historical and cultural context and lay the groundwork for a much wider and more important story. This makes the book extremely wide-ranging and sometimes a little rambling, but means that the conclusions she reaches are built on an extremely firm foundation. I will warn that the conclusions are alarming and the overall tone of the book can be quite frustrating and depressing as it chronicles the full power of a dangerous and powerful industry and a persistent rot in the political system. However, Maddow ends on a positive note, suggesting ways in which the issue can still be contained.

I recommend it for adults with an interest in in-depth studies of politics. As a warning, due to the subject matter, it does include discussion and (sometimes graphic) depiction of topics such as murder, suicide, and environmental disaster.

Becca Edney

BOOK CLUB

All welcome to join us at book club. We read a different book each month and meet on Zoom for about an hour to discuss the current book. Our meetings are held on Monday evenings from 7.30pm. Zoom details can be found on our Facebook page or by emailing northstowebbookclub@gmail.com. Feel free to join us every month, or just if we are reading a book that appeals to you. Most books can be borrowed from the library or purchased fairly cheaply. We read a bit of everything – children's books, classic novels, non-fiction, modern fiction.

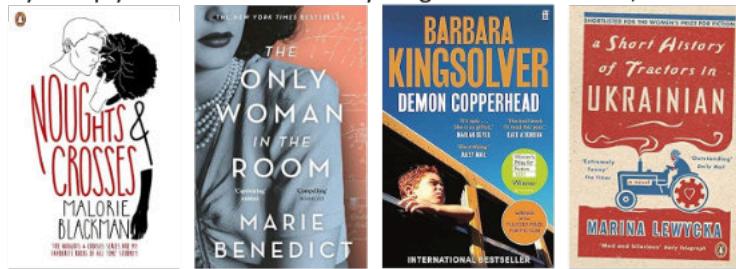
Next meetings:

Monday 15th April

Noughts and Crosses by Malorie Blackman

Monday 13th May

The Only Woman in the Room by Marie Benedict



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Northstowe Secondary College

It's continued to be a remarkably busy Spring Term for us!

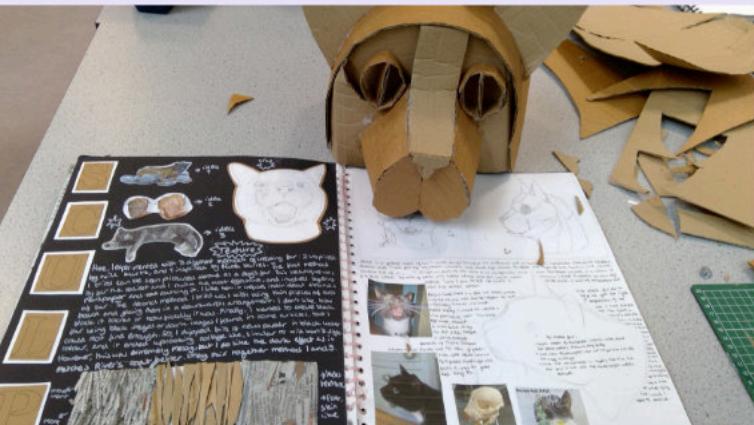
We are beginning to prepare for our new Year 7 intake in September, of which we are oversubscribed. It has been lovely to start communicating with our new families already.

Our Year 11's have been working hard in preparation for their GCSE exams, and our Year 10's are also sitting their first GCSE exams soon!

Over February half term, some of our Year 9's and 10's headed to Falcade, Italy for NSC's annual ski trip! Lots of wonderful memories were made as well as skiing skills improved. We are looking forward to our upcoming Year 7 residential as well as more trips in the Summer Term.



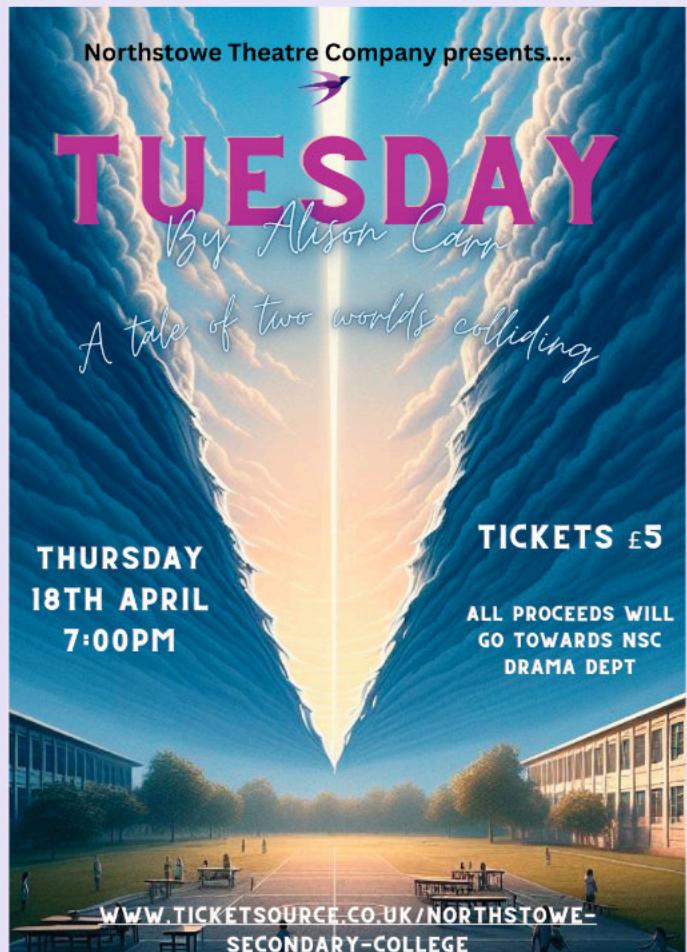
Back in February, the Art department welcomed artist Nicola Burrell in for a sculpture workshop with our Year 10 GCSE students. They created some amazing sculptures!



We are enjoying watching the construction for our secondary extension, Northstowe Sixth Form, Northstowe Primary School, and the Nursery, and are counting down the days until they are ready!



Finally, just before the Easter holidays, our performing arts department put on an amazing Music Showcase on the 27th of March. We are so proud of our students and how talented they are. We hope our families also enjoyed the show. Our performing arts team are working very hard on a Drama Production to be showcased on Thursday 18th April.



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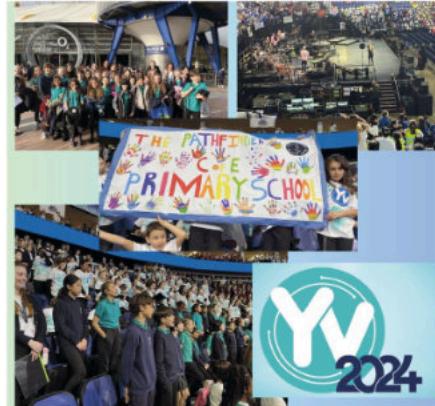


Recent events:

In January, most of our choir members took part in the Young Voices 2024 performance at the O2 in London. They had an incredible time and made long lasting memories.

Just before half term, some of our Year 5 and 6 pupils were privileged to attend the Friendship Games at Northstowe Secondary College. There, they were able to participate in a variety of activities, including new age curling, table tennis and dodgeball. The pupils were a credit to our school and all had a fantastic time, heading home afterwards with huge smiles on their faces! Thank you to the NSC students who welcomed us so kindly and led all the activities with great enthusiasm.

While in school, we have been embracing our rich and creative curriculum, exploring a vast range of topics from fireworks, Egyptian art to plants in Science.



Upcoming events:

We love engaging with our Northstowe community. Here are some events that are coming up. Do look out for further information.



5th July: Summer Fete



Week of 8th July: Y6 Production of Olivia



New school art:

Year 3 and Year 5 worked with Reverend Stephen and Mrs Phillips to create a new piece of art for our school hall, the backdrop of our Collective Worships. Based on a stained glass window designed by Joseph Nuttgens, the art called 'The explosion of the love of God' has inspired us to consider how the world was made and how Christians might respond to this.

The children responded very thoughtfully to the process of creating the art and asked questions like, "who made God?" and "what was God doing before the World began?"



Connect with us:



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