

# Northstowe News

Issue 7

January/February 2020



Northstowe, Richard Sparks

More writers needed!

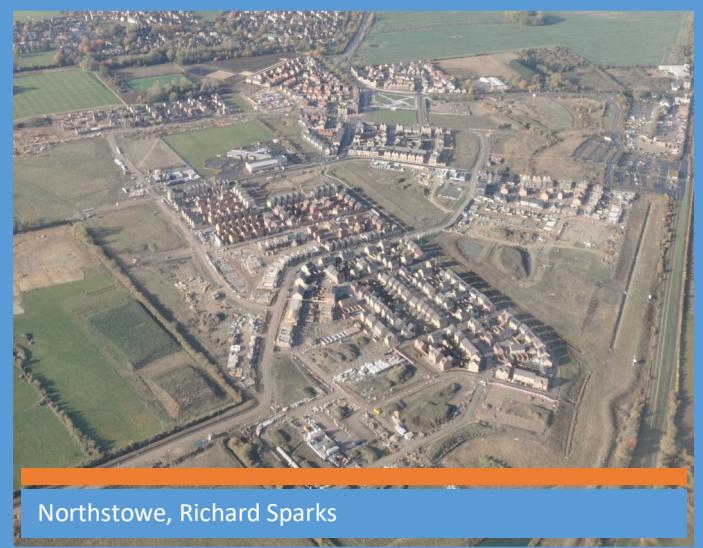
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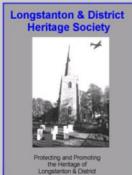
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Northstowe secondary school Richard Sparks



## HAPPY NEW YEAR TO ALL NORTHSTOWE RESIDENTS FROM THE LONGSTANTON & DISTRICT HERITAGE SOCIETY

Images:  
2006 - 2012  
LDHS via  
H Stroud



**Hilary Stroud**, Secretary, Longstanton & District Heritage Society, The Manor, Woodside, Longstanton, Cambridge. CB24 3BU  
For more information on any of the above, please contact us on: Tel: 01954 782560 or e-mail [ldhssec@hotmail.co.uk](mailto:ldhssec@hotmail.co.uk)



## Editors Welcome

Happy New Year! Last year was an exciting time with the Green opening and the launch of several new groups in Northstowe. This year I can't wait to see how the town develops. We should see the opening of Pioneer Park, the allotments and orchard and the landscaping of several other green spaces.

The Northstowe News team were very excited to receive funding from the National Lottery to help fund Northstowe News for two issues. Northstowe News is a voluntary organisation run by volunteers and delivered free to all homes in Northstowe but we need funding for printing and distribution costs to enable this to happen. Selling advertising spaces is a really important way of funding this magazine but this takes time to establish. We are very grateful to the lottery for their support.

## District Council

We would like to begin by wishing Northstowe residents a Happy New Year. We are looking forward to continuing to represent Northstowe as your District Councillors in 2020. Please do get in contact with us if we can help in any way.

### **Community Governance Review for Longstanton, Oakington and Northstowe**

Hopefully most residents are aware by now that we are currently involved in a Community Governance Review process prompted by the growth of Northstowe. At the moment Northstowe is part of Longstanton Parish and is looked after by Longstanton Parish Council but there is a need to look at whether these arrangements or the boundaries need to change.

The review process involves consultation with the community, and we hope that residents will take the opportunity to share their views and let the Council know how they feel about the future of Northstowe. You will be able to submit your views online via the link below until 15th January. Draft recommendations based on this initial consultation will be published in March 2020 and this will be followed up by further public consultation when you can again express your views on any proposals.

As District Councillors we will be seeking to represent the views of the whole communities we represent and don't have any preferred outcome at this stage. If a preferred option emerges from the consultation, we will support.

The review will finish in September 2020. If any changes are proposed the Council will make something called a Reorganisation Order and then changes would come into force in May 2021.

For more information, the terms of reference for the review or to submit your views as part of the consultation go to: <https://www.scambs.gov.uk/content/community-governance-reviews>

### **Antisocial behaviour**

Unfortunately, many of you will be aware that substantial damage was caused to the currently unoccupied Martin Bacon Academy on the Northstowe Education Campus Site (this will be the SEN school). The damage unfortunately ran into tens of thousands of pounds. Investigations including checking CCTV and a review of access and out of hour's security to the campus were undertaken in the wake of the incident. Unfortunately, there have been a number of incidents of anti-social behaviour locally. Police have been increasing local patrols in response, but they are working with limited resources.

Please remain vigilant and report any suspicious behaviour directly to the police. If you witness a crime actually being carried out then dial 999 or you can report ASB or other concerns about crime via 101 or online via <https://www.cambs.police.uk/report/Information-reporting>

### **Northstowe Sustainability Day**

We would like to say a huge thank you to the organisers who worked so hard organising Northstowe's first Sustainability Day. This was a fantastic and really inspiring event that brought together fabulous eco and sustainability groups including the Cambridge Food Hub, the Longstanton and Northstowe Sustainability Working group and Plastic Free Longstanton and Northstowe.

*Editors note: The sustainability day was organized by Pathfinder Church and A Toys Life and Beyond—read more on page 13*

Plastic Free Longstanton and Northstowe now has a Facebook page which you can follow for tips on reducing plastic waste and to find out how the community is working towards Plastic Free community status <https://www.sas.org.uk/plastic-free-communities/> We continue to keep residents updated via our monthly email newsletter - with updates on local news as well as wider district issues. To sign up please go to: [https://www.sclibdems.org.uk/email\\_signup\\_longstanton](https://www.sclibdems.org.uk/email_signup_longstanton) (Note to help us manage GDPR it is easier for us to host from the LibDems webpage, but we absolutely promise this link will NOT subscribe you to LibDem news)

- For all the latest news & updates so far please go to:

[https://www.sclibdems.org.uk/longstanton\\_news](https://www.sclibdems.org.uk/longstanton_news)

- For those on social media we have a very active Facebook group covering the whole ward here where we post regular updates: <https://www.facebook.com/groups/2066298150052161/>

Alex Malyon [cllr.malyon@scambs.gov.uk](mailto:cllr.malyon@scambs.gov.uk) and Sarah Cheung Johnson [cllr.cheungjohnson@scambs.gov.uk](mailto:cllr.cheungjohnson@scambs.gov.uk)

# County Council update

## New Children's Service at the Community Wing

A new regular breast feeding advisory service will be starting in the New Year at the Children's Centre in the Community Wing. Experts will be on hand to give advice and guidance to help all parents and carers. It's fantastic to see so many children from around the area attending the centre and it's also great to see how many of our friends and neighbours are using the Community Wing for various activities.

## Clean energy project – Longstanton Park and Ride

The County Council are furthering their alternative energy programme at the Longstanton Park and Ride where the County Council is investigating the feasibility of a smart energy grid similar to others proposed at similar sites. The project would consist of building carports over the majority of the parking spaces and mounting solar modules on the carports to generate electricity. The electricity would be fed into a battery storage system for distribution out to the site and for sale to local customers. CCC have been approached by South Cambs District Council officers about supplying electricity to the Northstowe development from the project. This scheme builds off experience the team has gathered developing similar schemes for the St Ives and Babraham Park and Ride sites.

As well as installing carports, CCC will also be relocating lighting columns and CCTV cameras to maintain security on the site. Some lighting columns will need to be removed as they cause shading of the panels, with under-canopy lighting installed to compensate. This will also have the benefit of reducing light pollution from the current site. CCC will also take the opportunity to increase the efficiency of the lighting on-site.

Once the business case is proved viable, hopefully early next year, the Commercial and Investment Committee will be asked to approve a development budget.

As part of any full planning application CCC will conduct something called a Glint and Glare study. This assesses the amount, timing and location of solar glare from the panels on local residents, businesses and drivers. It essentially tracks the position of the sun against the angle of the panels to determine the resulting refraction of light. The study will recommend mitigation measures for any impacts.

## Innovate and Cultivate Fund – upcoming application deadlines

Cambridgeshire County Council has announced that the next deadline for Innovate and Cultivate Fund (ICF) applications is 1 February 2020. A pre-application advice session was held on 10 December 2019 (details below). The aim of the fund is to support initiatives that strengthen our communities and Council services that are inviting applications are adult social care and children and families services. The fund is open to voluntary, community and social enterprise sector organisations based in and outside of Cambridgeshire, and public sector organisations including parish councils, in Cambridgeshire. There are two funding streams: a 'Cultivate' fund for smaller projects that build community support networks and an 'Innovate' fund for bigger, bolder and more innovative initiatives. ICF has now funded 45 projects across Cambridgeshire. If you'd like to see one in action, pop into the Prospects Trust's 'Unwrapped' shop and café in Ely for some homemade soup and cake, bulk staples and fabulous organic produce grown by their co-workers at their farm in Reach. A number of Cultivate applications were received from the 1 November funding round and those, along with the second stage applications for some Innovate applications, will be assessed and notified of success in December.

## New Cultivate 'Seed' Fund Projects

Guidance has been developed on starting Cultivate Seed Fund Projects that can help people to remain independent and active within their community, encourage volunteering and complement more costly Council services. Projects include Timebanks, Good Neighbour Schemes, Dementia-Friendly Communities and Men's Sheds. Visit the Cambs CF website for details.

Upcoming application deadlines

- 1 February 2020 – Cultivate grants (£2,000 – £19,000) and Innovate grants (£19,001 – £50,000)
- 1 May 2020 – Cultivate grants only (£2,000 – £19,000)

## Cambridgeshire Libraries' Space Chase: Summer Reading Challenge 2019

Over 7,400 children joined the Summer Reading Challenge this summer and 4,450 children were awarded medals and certificates for reading 6 books over the school summer holidays, thus completing the Challenge – an increase of 9% compared to last year. And over 750 children joined the library to take part in the Reading Challenge! Libraries were asked to concentrate on encouraging children to keep visiting the library over the summer and complete the Challenge – aiming for 60% completion rate. This is always

difficult to achieve when there are so many other activities children can take part in during the holidays. The County Council is delighted to report that 16 libraries achieved this, with five libraries achieving over 70%, namely Burwell, Cottenham, Soham, Warboys and Willingham. The star performer this year, in terms of an increase in participants is Milton Road Library, which last year was operating out of a mobile whilst a new library was being built. This summer, at the new library, which opened in June, 168 children took part in the Challenge, an increase of over 300% compared to last year! Cambridge Central Library continues to have the highest number of participants of any library in the county – 679 this year.

Cambridgeshire Libraries also buys Challenge materials for children to take part in the 11 community managed libraries. They also had a successful summer, with over 670 children signing up. We had 170 under 16s volunteer over the summer, whose support was invaluable in ensuring the success of the Challenge, as well as our programme of events. 300 themed activities took place across all 34 of our libraries. Each child who completed the Challenge was invited to an Awards Ceremony at their local library, where they were presented with a medal and certificate.

### **Stay Well campaign 2019/20**

The effects of cold winter weather on the health of vulnerable people are well known and often result in unplanned hospital admissions. The key aim of Cambridgeshire County Council Public Health Directorate's Stay Well campaign is to provide vulnerable groups with the appropriate information for how they can minimize the effects of the cold along with where they can find the support and services provided by voluntary organisations and district authorities that are vital in cold weather, such as heating grants and boiler repairs. Since October, Public Health have been distributing 20,000 Stay Well Winter Health Packs. These packs include tips, information, key contacts and resources to keep our most vulnerable groups stay well and warm during the winter months.

If you would like to obtain a box of 100 Winter Health packs, please contact the Library Service on [HPResources@cambridgeshire.gov.uk](mailto:HPResources@cambridgeshire.gov.uk), who are now holding local parish council stock ready for distribution from 25 November 2019.

### **Flu Vaccination**

The County Council Public Health Directorate continues to promote the flu vaccination with both staff and the public. This promotion is a key strand of the Stay Well campaign, which this year has evolved towards a new brand style called 'Help Us, Help You.' The flu campaign is one of the first to be rolled out under the new branding. The local public campaign is focusing on improving uptake amongst three key groups: pre-school children, pregnant women and adults with long term health conditions or those aged 65 or older. Those eligible are encouraged to get their free vaccine before the end of November to protect themselves and their families before flu reaches its seasonal peak. It is the single best way to protect against a potentially very serious illness. As well as getting the vaccine, practising good hand hygiene by catching coughs and sneezes in a tissue, throwing it away and washing your hands after can help limit its spread – catch it, bin it, kill it.

Children in Reception Year to Year 6 will get their vaccine at school, whilst pre-school children should visit their GP. Eligible adults can get their vaccine from their local GP or pharmacy. More information about the flu vaccination, including who is eligible for the vaccine, can be found on the NHS website.

### **Climate Change and Environment Strategy**

Cambridgeshire County Council declared a Climate Emergency in May 2019, and in response to this, the Council is developing a Climate Change and Environment Strategy and Action Plan. The strategy outlines how the County Council will: reduce the carbon footprint of the council and the county; help our communities adapt to the change already happening; and enhance nature and the benefits it provides. The consultation on the strategy begins on the 20 December 2019 and will end on the 31 January 2020. The strategy and questionnaire will be available online and we will let you know details of the consultation website shortly. More details about what the council is doing following the climate emergency declaration can be found on the MLEI website.

### **New Family Safeguarding**

Cambridgeshire County Council has secured a £4.15million investment from the Department for Education (DfE) for the implementation of Family Safeguarding which will be introduced in February 2020. The Strengthening Families, Protecting Children - Family Safeguarding approach improves outcomes for vulnerable children and young people by involving multi-disciplinary teams in children's social care. Initially developed in Hertfordshire, the model has resulted in significantly better outcomes for some of the most vulnerable and at risk children. Most children who are facing the greatest risks to their wellbeing are those who live in families where at least one of the adults is struggling with mental or emotional health issues, substance or alcohol difficulties, or where there is domestic abuse. Under the Family Safeguarding approach, children's social work teams are expanded to include adult practitioners who are experts at supporting parents to address these challenges.

The County Council will soon be recruiting for these roles.

Hertfordshire reported that Family Safeguarding saved an estimated £107,000 to the police, due primarily to a reduction in incidents of domestic abuse and £200,000 to the NHS due to a 53% reduction in emergency admissions.

### **Innovation boost for Cambridgeshire**

More great news is that Cambridgeshire County Council is one of 20 councils who will be working together to share ideas and best practice with each other and with innovation experts Nesta. The County Council's participation will focus on their groundbreaking Best Start in Life work to bring together everyone who works with young children from pre-birth to five across Cambridgeshire and Peterborough to shape their development, educational attainment and life chances.

The Best Start in Life Strategy aims to improve the life chances of children (pre-birth to 5 years) in Cambridgeshire and Peterborough. It is an integrated initiative - working across local authority children's services in Cambridgeshire, health visiting services commissioned through the County Council's public health teams and NHS maternity and community children's health services.

The strategy works to achieve three key impacts:

- Children live healthy lives
- Children are safe from harm

Children are confident and resilient with an aptitude and enthusiasm for learning

An intensive discovery phase has been undertaken since November 2018 to produce the strategy. This phase involved extensive engagement with both existing research, data and evidence, alongside local parents and communities.

### **Cambs Drive iQ**

Registration is now open for Cambridgeshire County Council's online driving programme, set up to support young people as they prepare to get into the driving seat.

Cambs Drive iQ's online learning platform is designed for students aged 16 and above and aims to help reduce the number of young people involved in incidents and crashes on the roads.

Students who complete a minimum of 8 modules will automatically be entered in a lucky draw for either a free two-hour driving session or a chance to spend a day with the Fire and Police Service.

Delivered by the Cambridgeshire and Peterborough Road Safety Partnership in schools and colleges, it provides young people with a virtual experience of different driving situations they may find themselves in, preparing them to become better and safer drivers once they have passed their test. The virtual course uses examples of local roads so young people can experience specific challenges they might face around the county. Celebrating its second anniversary, Cambs Drive iQ was delivered to more than 3300 students last year in 22 schools/colleges across Cambridgeshire. The Cambs Drive iQ course offers that extra bit of guidance to young people and aims to give them the skills they need to keep both themselves and others safe on the roads.

I am delighted see Cambs Drive iQ being so well received by young people across the county. This platform engages with young people from the start, preparing them for the potential challenges they may face whilst driving. It's a good way to influence attitudes towards driving in a classroom environment and should arm our young drivers with everything they need to know to stay safe on the roads.

As always is been fantastic meeting, talking, and helping so many of our friends and neighbours over the past year, and I wish you all a very merry Christmas and a safe and enjoyable new year.

Peter Hudson



**Cambridgeshire  
County Council**

## GP Update from The District Council

We have had questions about the GP surgery in Northstowe. This is our latest understanding:

There is not a firm timeline for the health centre to be delivered because the Clinical Commissioning Group is still working on an analysis of capacity across the primary care network (PCN) for Cambridge North Villages. The Northstowe agreement (Section 106) indicates the Civic Hub, which will contain the health facility, should come on stream at 1500 occupations.

Willingham Medical Practice have previously indicated that they themselves are not interested in taking on a contract to provide health services in Northstowe.

We have been assured that the Willingham Practice can meet current demand from new residents - funds follow the patients so more patients mean more NHS funding for the practice which allows them to add more GP and practice nurse sessions. They have previously said that they are finding lower levels of usage from new patients than pre-existing ones - the demographics in Northstowe are generally younger than an equivalent sized population in an established village. We will obviously keep up to date with this.

For those worried about appointments at Willingham/Longstanton surgeries please contact the practice manager, Sharon Unwin. Interested residents can join their patient participation group to feedback on services, see <http://www.willinghammedicalpractice.nhs.uk/ppg.aspx>

## Bin collections

Report missed bins at:

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



**Saturday 28<sup>th</sup> December** black bin

**Saturday 4<sup>th</sup> January 2020** green and blue bins

**Friday 10<sup>th</sup> January 2020** black bin

Thursday 16th January green and blue bins

Thursday 23rd January black bin

Thursday 30<sup>th</sup> January green and blue bins

Thursday 6<sup>th</sup> February black bin

Thursday 13<sup>th</sup> February green and blue bins

Thursday 20<sup>th</sup> February black bins

Thursday 27<sup>th</sup> February green and blue bins

## Northstowe Nature Note

Hugh Venables



The main wildlife highlight of the autumn was the arrival of Blue Tits in the garden! After almost two years a small flock made its way along the ditch and through the gardens from the busway. It's good to see things connecting up

and this will no doubt become a standard thing very soon. It means the bird feeders will be get used (by more than Starlings). For tits, they really like sunflower seeds, taking them away to break through the husks. It's important to check on any feeders as they can unfortunately be source of disease for birds, as well as sustenance. This is a real problem for Greenfinches, which are declining rapidly due to trichomonosis since 2006.

The Blue tits have been sharing the ditch with a couple of Stonechats, which are happier with the open, fallow nature of much of the site, being mostly a heathland species and therefore fairly uncommon in Cambridgeshire. Relatives of Robins, the male is well



marked with a red belly, black head and white collar. Females and young birds are decidedly brown, but all have a distinctive habit of perching at the top of the reedmace or on the fences (if the Buzzard or Kestrel hasn't got there first). Tawny Owls have been calling from the edges of the site, with one seen after the forum at the school. Also on Phase 2, the new lakes are full and attracting more birds, with over 200 Lapwing at times.



Work is ongoing for the allotments, with extra soil ploughed in, fences being put around the site and water pipes laid. The first allocation of plots is done and things are almost good to go. We'll be able to add more people on as we

continue to get more people moving onto the site – the first set was about a third of the total, to match Phase 1 occupancy levels. We've got a free set of berry-bearing hedging plants on order from the Woodland Trust, which should make for a productive edge to the site for wildlife and people.

**WILLINGHAM & LONGSTANTON SURGERIES**

Reception Tel: Willingham 01954 260230 Longstanton 207600 Dispensary 207602

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

**Out of hours cover: Ring 111 Website: [www.willinghammedicalpractice.nhs.uk](http://www.willinghammedicalpractice.nhs.uk)**

**Willingham Pharmacy – A message from Neil:**

After 20 rewarding years at Willingham Pharmacy, retirement calls! During this time, it has been a privilege to serve the local community as well as enjoy the support and friendship of all the doctors and staff. I am also delighted to introduce to you Sai, an experienced pharmacist who, together with his wife Lavanya, will join the existing team. They are very much looking forward to meeting all our patients and I wish them every success with their new venture. All that remains for me to say is thank you for making me so welcome over the years and as I live in Cambridgeshire, I am sure our paths will cross again before too long. With very best wishes to you all, Neil Rowland-Hall

**Missed appointments**

In August, September and October 2019 there were **278** missed appointments at Willingham surgery which had been booked by patients who failed to attend or cancel their appointment.

This is 52.5 hours of consultation time which was lost and very valuable in trying to keep our waiting times as short as possible for routine appointments. \*An average GP appointment costs the NHS £25 so this amounts to a massive \*£6950 wasted.

Our Longstanton branch surgery missed 75 appointments during the same period, amounting to \*£1875 or 18 hours of lost consultation time.

**If you no longer need your appointment please can you contact our receptionists or cancel online using the appointment booking system. During the winter period this consultation time is particularly valuable. We can often fill your appointment at very short notice due to high demand for appointments.**

**Use antibiotics on your doctor's advice**

Antibiotics are essential to treat serious bacterial infections, but they are frequently being used to treat illnesses such as coughs, earache and sore throats that can get better by themselves. Taking antibiotics encourages harmful bacteria that live inside you to become resistant. That means that antibiotics may not work when you really need them.

Despite the risks of antibiotic resistance, research shows that 38% of people still expect an antibiotic from a doctor's surgery, NHS walk-in center or 'GP out of hours' service when they visited with a cough, flu or a throat, ear, sinus or chest infection in 2017.

**Lucky squares**

Thank you to all those that kindly took part in our Christmas lucky Squares and congratulations to those who won prizes. At the time of writing the final amount donated to Magpas has not yet been calculated, but will be revealed in the February Newsletter.

**Cambridgeshire Hearing Clinics** The next Hearing Aid Clinics at Willingham Surgery on Weds 15<sup>th</sup> January 2020, Weds 19<sup>th</sup> February 2020 and Weds 18<sup>th</sup> March from 2:00pm-4:00pm. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

**Carers Support Meetings** Meetings held on the first Wednesday of every month. If you are a carer, please pop along and get some support from other people in the local community. Refreshments provided no need to pre-book and completely FREE! Please contact Sue Lawson at the surgery or email her at [susan.lawson7@nhs.net](mailto:susan.lawson7@nhs.net) for more information.

**All the staff from Willingham Medical Practice and Longstanton Branch Surgery would like to wish our patients a Happy New Year!**

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



## Active New Me

**Join us for FREE taster sessions!**

**Sunday 12<sup>th</sup> January**

The Pathfinder CofE Primary School,  
Northstowe CB24 1AA

10.00-10.45am Over Power - Fun body transformation for ladies, tone up feel fitter (FEMALE ONLY)

11.00-11.45am Neil Marsh Health & Fitness - Kettlebells & weights

12.00-1.00pm Longstanton Limpers - 4 mile run open to all abilities

12.00-1.30pm Badminton - Northstowe Sports & Wellbeing Committee

1.00-1.45pm Cambs Boot Camp – Outdoor fitness to train your mind and body

2.00-2.45pm Happidojo - Judo for beginners

All sessions are FREE and suitable for 18 years and over

Come ready for action in sports kit and trainers

No need to book, just come along at the start time and join in

10.00-3.00pm Pop up community cafe serving drinks and snacks

Followed by:

**'Active Church' 3.30-5.30pm - Circuit training for body & soul – Suitable for all ages**

Everyone welcome [www.northstowe.church](http://www.northstowe.church)

The above event is supported by Active New Communities, Northstowe Sports & Wellbeing Committee and Pathfinder Church

**Find out more about the sport and physical activity opportunities on your doorstep**

**A great way to start the New Year!**

**Want to know more? Please contact**  
[info@activenewcommunities.com](mailto:info@activenewcommunities.com)

### Sports and Wellbeing in Northstowe

#### **NEW - Football Recreational Play (18yrs & over)**

**Mondays 7.00-8.00pm**

Where - Northstowe Secondary College 3G pitch (access footpath by car park behind the school)

Cost - £5 per session. All levels welcome just come along!

Contact George Ball (Kick Start) 07446 370785

[infokickstart18@gmail.com](mailto:infokickstart18@gmail.com)

#### **Community Badminton Club at Pathfinder CofE Primary School – To continue in the New Year.**

Badminton will be back on Sunday 26<sup>th</sup> January at the slightly later time of 6.00-8.00pm (keep an eye on Pioneers Facebook for more info). Everyone over the age of 18 is very welcome. It's only £3 to play! Rackets and shuttles provided. You can try badminton at the Active New Me FREE taster sessions on Sunday 12<sup>th</sup> January 12.00-1.30pm.

#### **Coming soon to The Green...Cambs Boot Camp starting Friday 3<sup>rd</sup> January at 06.30am**

Every Tuesday and Friday at 06.30am and Wednesday at 18.30pm. More info [www.cambsbootcamp.co.uk](http://www.cambsbootcamp.co.uk) or contact James Hirst 07545 377333 [james@cambsbootcamp.co.uk](mailto:james@cambsbootcamp.co.uk)

**Other sports and wellbeing activities available on site for adults – Community Walk, Judo, ((Bounce)), Over Power Fitness.**

To keep up to date - Like our Facebook page Active New Communities & visit the Active New Communities website to find out what's on offer: [www.activenewcommunities.com/northstowe](http://www.activenewcommunities.com/northstowe)



## Longstanton Limpers

### Season's Greetings!

It has been a busy autumn for your local running club, with members taking part in a range of races and events. Closer to home we've been putting on another of our very successful 'couch-to-5k' courses which has been great and it's always a good reminder of what anyone can achieve with some focused support and guidance. They are always enjoyable to do, and I find them one of the most rewarding things that the club has done over the last few years. Some people try it out and find that running isn't for them, but most people discover that they can easily and successfully take on a new hobby which can bring all sorts of health and other benefits. That's before you get on to the social side...

The club have been forward planning for 2020 already to see what we can put on for Longstanton and Northstowe residents and it is great to say that we will be running another of our traditional New Year 'couch-to-5k' starting on Monday 13th January at 7:30pm. It can be a busy session, with people making New Year resolutions and looking to get fitter after the festive period! Keep an eye on our facebook page for a reminder.

Our members have been enjoying some of the new routes through Northstowe as they start to open up and provide some circular routes, and have even used the new square for a 'bleep test' – you probably needed to see that to believe it! I think everyone will be pleased when the remaining route to the Rampton droves north of the Busway reopen.

As usual we'll keep our facebook page updated with what we're up to - and you can get in touch with us there or at [longstantonlimpers@gmail.com](mailto:longstantonlimpers@gmail.com). If you want to get involved then please contact us, we're looking to expand the number of run leaders we have so we can run more sessions and can offer funding to get you trained...



### Free Friday stroll

Free on a Friday? We meet at 10.15 on the Green for a social stroll - buggies and dogs welcome. Walking at a gentle pace there is time for a chat and get to know your neighbours.

Then we head to the community wing at 11.30 for a free cuppa and socialising some more. Table tennis/snooker/children's toys are available here.

Join us for either or both! Just turn up.

## Bellaclaire CHILD CARE

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**Save the Date  
Ponders Holiday Show**  
Date: Sunday 29th March 2020 - Time: 10am – 4pm  
Venue: Holiday Inn, Impington, Cambridge  
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# Pathfinder News

## South Cambs Cross Country Competition

Last term, our school took part in a cross country competition against many other local schools. We would like to say a big 'well done' to everyone that took part, but in particular, Leo and Luca for coming 2nd in their respective races and Louise for showing the values of determination.



## Our Charity of the Year

As part of UK Parliament Week, children took to the polls to vote for the charity of their choice.

We are excited to announce that the charity, which we will be supporting for the remainder of the school year, is Panthera; the only organisation in the world devoted exclusively to the conservation of the world's wild cats.



## Forest School

For the last year we have been raising money to develop a Forest School area on our school field. After lots of planning and preparing, the planting began last term. We had a great turn out of people to help, despite the -1 degrees start to the morning.



There is certainly a lot of 'growing' to be done in the coming years, but we can't wait to enhance our outdoor learning for the children.

## Advent Window





## Friends of Pathfinder School

Over the last term FOPS has held two successful events for the local community, one being the community quiz night which saw us raise over £700. The money raised will go towards buying the pupils of Pathfinder School musical instruments.

We have also been selected again to take part in the Co-op Local Community Fund. We have our own dedicated page on the Co-op membership website. If you are interested in choosing FOPS as your cause to support, please register with the link below and select FOPS as your cause and make sure every time you shop you present your Co-op card.

<https://membership.coop.uk/causes/40854>.

You can also follow us on Facebook @FOPS.Pathinder to keep up to date with events that we are organising for the whole community in 2020. All that is left to say is a massive **Thank You** for your ongoing support throughout the last year.

From the entire team at FOPS hope you all have happy holidays and a Happy New Year.



## 1<sup>st</sup> Northstowe Scout Group

Open evenings were held at Northstowe Community Wing on the 15th and 28th October, with both events being very well attended.

Young people, parents / carers and other members of the local community were able to come along to find out more about Scouting – and the ways in which they could take part or offer support.

During the evenings the boys and girls were given a “passport” which enabled them to take part in a range of activities. Across the two evenings these covered a mix of just some of the types of things that

Scouting offers, from creepy crawlies to trying out a canoe (albeit on dry land!) and edible knots to traditional scouting skills. It was great to see so many young people interested in becoming Beavers, Cubs and Scouts. Similar sessions are currently planned for Scouts after half-term in February 2020, watch out for more information.

Meetings are now being held in the community wing for Beavers, followed by Cubs, with both being well attended. Whilst the Cambridgeshire Scout Development Team are currently supporting the running of these meetings, this is not sustainable, and the Group needs to be self-sufficient with its own leadership team from within the wider local community. If you feel you can help either as part of the leadership team or in a support roll why not get in touch! [info@1stnorthstowescouts.org.uk](mailto:info@1stnorthstowescouts.org.uk)



## Collaboration brings us together for Northstowe's First Sustainability Day



The first Northstowe Sustainability Day was a huge success, as a result of a collaboration between the Longstanton and Northstowe Sustainability Working Group, Pathfinder Church Northstowe, and A Toy's Life and Beyond. Collaborating together provided the resources and tools needed to put on a fun and accessible event which definitely encouraged sustainability for

everyone living in Northstowe and the surrounding area. The day went off with a bang with lots of local groups and businesses showing what they do to help us be more sustainable. Cambridge Food Hub presented on their ethos and how we can be more sustainable with food. Marion

Leeper showcased some wonderful stories and Prof

James Elliot of the University of Cambridge gave a wonderful presentation on Plastics Waste – with the intriguing title of “Make Plastic Great Again”.

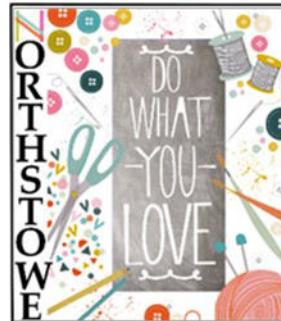
There were cloth nappy demonstrations, family friendly learning on what an ECO house could look like as well as a ‘Leave it

or Take it’ stall where old books, toys and clothes could be left for others to re-use: Northstowe Secondary College had a brimming box by the end of the session to go towards their library.

The Pop-Up Café was a success with lots of cakes, tea, coffee and squash for those to enjoy while they wandered round or sat down using the table talk cards out on the tables. Overall the entire day was a huge success!

And the perfect end came at sunset around a campfire, with a dramatic retelling of the origin story shared by Jews and Christians, celebrating that the physical world is GOOD, and calling us to help care for it.

Love Community;  
Love Northstowe!  
Let's do it again next year!



**Community Crafters Club**  
northstowecommunitycrafters@gmail.com

*Uniting Local Communities through the Love of Craft*

An exciting new club has popped up in Northstowe. The Northstowe Community Crafters Club is encouraging Crafters of all ages, levels and craft types from Northstowe and surrounding Villages to join the group each week at varying Hosted Events. Meet new friends, learn new Crafts and be part of a new and vibrant group of like-minded people like yourself. To find out more contact Karen:

*Uniting Local Communities through the Love of Craft.*



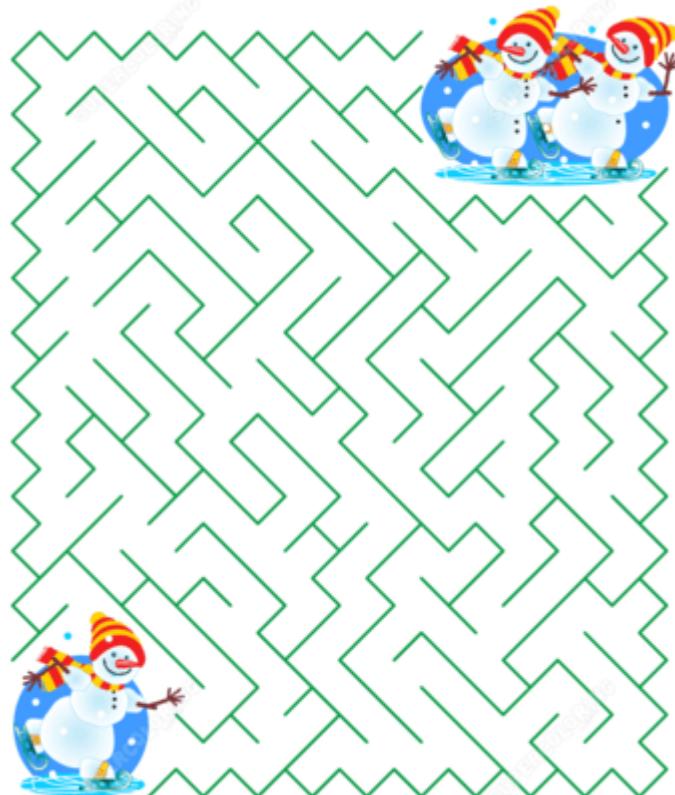
LIKE & Join our Facebook group @ <https://www.facebook.com/northstowecommunitycraftersclub/>



Follow us on Twitter @ <https://twitter.com/NCCraftersClub>



Keeping up with trends on Instagram @ <https://www.instagram.com/northstowecommunitycrafters/>



## Book Club

Our December Book Club choice was *Eleanor Oliphant is Completely Fine* by Gail Honeyman. Eleanor demonstrates in a very believable way how extreme loneliness is not confined to the elderly in modern society. Her oddness leads people at work to avoid her and she spends her weekends alone. She claims to be fine but we quickly pick up on signals indicating how badly she needs a friend. Then, one day a new work colleague, Raymond insists that she help him in an act of kindness towards a stranger and life begins to change for Eleanor.

The book reminded me a little of a Jane Austen novel in which our heroine goes through a moral education to transform her beliefs about human relationships. Our hero, Raymond, whilst being no Mr Darcy is a vital catalyst in Eleanor's path to normal life.

I enjoyed the way Eleanor's back story is gradually revealed and found her a believable character. I made assumptions about her past life which did not all turn out to be true, but I like books that keep me guessing.

The book is funny in parts, but also heart-wrenching. Ultimately it does leave you wanting to take notice of people who do not fit in and be a friend.

Book Club has now been running for a year. Thank you to everyone who has come along, either regularly or once or twice and for those of you who cannot come but still read the books. Our next few titles are:

*The No 1 Ladies' Detective Agency* by Alexander McCall Smith – January 13<sup>th</sup> 2020

*The Boy at the Back of the Class* by Onjali Q Rauf – February 3<sup>rd</sup>

*A Piece of Cake* by Cupcake Brown – March 2<sup>nd</sup>

*The Snowdrops* by A.D.Miller – April 20<sup>th</sup>

*The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer – May 11<sup>th</sup>

*Wild: a Journey from Lost to Found* by Cheryl Strayed – June 8<sup>th</sup>

Email [kmfountain74@hotmail.com](mailto:kmfountain74@hotmail.com) if you would like to join us.



## Book review - Gifted

Becca Edney

Full disclosure, I was given a free copy of this book by the author in hope of a review.

*Gifted* by H.S. Stone is a fantasy novel about a brother and sister - Venedd and Voima - in a world in which some people are born with special magical powers, but if they are discovered they are rounded up and forced to fight to the death in a gladiatorial arena. Venedd is one of these people, known as Gifted, and when his powers are revealed and he is arrested, his sister sets out to rescue him.

While there were plot holes in this book and in places the characterisation was thin, I overall enjoyed it. The worldbuilding was interesting and we meet characters with a great variety of powers, but the stars of the story were really Voima and Venedd. I very much liked their relationship and how they played off each other, and I especially liked the fact that they were both smart and able to do what needed to be done to protect one another and survive, no matter how much it might hurt them.

In fact, my main complaint is that it could have done with being a few chapters longer! There was a lot of development that could have used some additional space to breathe, but what was there was very enjoyable and the resolution of the story had some refreshingly different aspects that I won't spoil.

I'd recommend it for the younger end of YA.

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## Game of the month

Andrew and Sarah

Compete to be the most prestigious purveyor of marvellous mechanisms in a steampunk version of Victorian England with this month's featured game, Steam Works, designed by Alex Churchill and published by Tasty Minstrel Games.

Steam Works is a game about building machines, using components like the "Patriotic Sonnet Generator" and the "Innovation Turbine". These machines have effects in the game: when a player puts their worker on a power source to activate it, they get to do useful things like collect resources, or start constructing even bigger and more powerful machines. You get points when somebody uses one of your inventions, which means there's a great dynamic around the table; you need to be salesmen and encourage everyone to visit your machines as much as possible. If you can design superior machines you'll be on your road to victory!



We enjoy Steam Works because of the huge variety of wacky contraptions that you end up building, as well as all the fun details in the characters and artwork. It takes a couple of hours to play the game, and there are a lot of things to think about. As the game goes on you get more powerful components to use, and more workers – but they need to be paid, so keep an eye on the cash flow. The challenge is to keep ahead of the other players, building in features that their machines don't have so you can corner the market and win the most prestige.

What mad machines would you come up with? Come along to play Steam Works or choose from over 150 other games, on Tuesday evenings at 21 Heron Road – for details search FaceBook for "Northstowe Gamers" or email [northstowe.gamers@thecolliers.uk](mailto:northstowe.gamers@thecolliers.uk)

## The Micro Wing Thing

Every Wednesday during School Term, 3.30-4.30pm

**Drop in to The Wing for Micro-library book-borrowing,  
Xbox playing ( Just Dance, Guitar Hero, etc ), pool, table football...  
or simply hanging out with Northstowe Neighbours of all ages.**

Contact: Jon London ([northstowe.community@scamps.gov.uk](mailto:northstowe.community@scamps.gov.uk)) or Beth Cope ([PioneerMinister@Northstowe.church](mailto:PioneerMinister@Northstowe.church))



## Mondays

Micro-library & Café 9:30am—4:30pm

Under 5's Stay and Play  
10:00am—11:30am

Under 1's Baby Group  
1:00pm—2:30pm

Raising Children Parenting Course  
6pm-9pm (from 13 Jan)

Northstowe Scout Group

## Tuesdays

Informal Mum's Meet

Micro-library & Café  
9:30am—4:30pm

Jill Bridger School of Dance  
9:50am-11.00am

Infant Massage  
12:30pm-3pm

## Wednesdays

Micro-Wing Thing  
3:15pm—4:30pm

Welcome Pack Delivery  
Leaves at 4:30pm

Wing Wednesday  
2nd Wednesday of the month

## Thursdays

Music & Movement  
10:00am—12:00pm

Story & Rhyme Time  
2:00pm—3:00pm

Northstowe Scout Group  
7:00pm-8:30pm

Jill Bridger School of Dance  
3:45pm-5:45pm

## Fridays

Friday Walk

## Sundays

Emmanuel Church  
10:30 am

Ignite!  
4:45pm-7:15pm

## What's on at the Wing?

Come in to read a book, play a game of table tennis or just relax with a coffee. Also a great time to meet Jon to talk about Northstowe issues

A chance for you and your children to meet new Friends and access support from Centre staff. We offer a welcoming environment to help you relax and enjoy.

Drop in sessions, for more information call 01954 284672



The closest thing Northstowe has to a youth club, come in for a coffee, game of pool or to play on the x-box. A great place to bring your kids after school to let them blow off steam!

You got yours, now help other people get involved in Northstowe e-mail [jon.london@scambs.gov.uk](mailto:jon.london@scambs.gov.uk) to learn more

Wing Wednesday is organised by all the social groups and clubs together and is the main social event in Northstowe. Come along and meet the other residents, make friends and even bring a bottle if you wish.



Meet at the Green @12:15 for a peaceful stroll, then pop back to the Wing 11:30-12:00 for a coffee and a natter



<b>Citizen's Advice</b>	Every second Monday 8.30am-12noon @ Longstanton GP Surgery Advice on benefits, debts, energy, housing, employment, relationships
<b>Tennis</b>	Monday Evenings 7pm-9pm @ Swavesey Village College Organized by Swavesey and Over Tennis Club
<b>Northstowe Book Club</b>	Meets once a month on Mondays 7pm @ a different house each month please contact kmfountain74@hotmail.com to take part
<b>Football</b>	Mondays 7-8pm @ Northstowe Secondary College Recreational football £5/session. Contact 07446 370 785 or infokickstart18@gmail.com for more info
<b>Northstowe Board Games</b>	Every Tuesday Evening 7:30pm-11pm @ 21 Heron Road (Linden) Andrew & Sarah invite you to their home to play a wide variety of modern board games - this isn't just monopoly!
<b>Community Badminton</b>	Sunday Evenings 6-8pm @ Pathfinder Primary School Hall It's just £3 to play! Organized by the Northstowe Sports and Wellbeing Group
<b>Longstanton &amp; District Heritage Society</b>	Meetings Regularly -- check www.ldhs.org for next lectures The heritage society of Longstanton, Northstowe, Oakington & Westwick, Cambridgeshire & RAF Oakington
<b>Pathfinder Church Northstowe</b>	Sundays - 10.30am for Community Partnership Events; 3.30pm for Church Gatherings; @ Pathfinder Primary School  Revd Dr Beth Cope is the vicar for this local Church of England Church supported by Churches Together
<b>Community Litter Pick</b>	3rd Sundays of the Month 10.30am-11.30am Starts @ Pathfinder Primary School Help keep Northstowe Tidy. Equipment provided by Longstanton Parish Council. Contact beth.cope@northstowe.church
<b>New Year Celebrations</b>	25 January 2020 (details to follow) @ The Wing Join the Northstowe Asian Community for a celebration of the new year
<b>Community Pancake Parties!</b> (two sessions to help as many people as possible join in)	
<b>Sunday Afternoon Pancakes</b>	Sunday 23 February 3.30pm @ Pathfinder Primary School For all the community (organised and hosted by the Northstowe Social Committee and Pathfinder Church)
<b>Tuesday Evening Pancakes</b>	Tuesday 25th February 5-8pm @21 Heron Road (Linden) Andrew & Sarah invite you to their home for a Pancake Party!

## Land of Festivals – INDIA

*Pahoonchoon jahan bhi main... meri buniyaad rahe tu...  
(wherever I reach, my foundation will always be rooted to you... my country!!!)*

Following successful article on Why India is called Land of Festivals, here I am with yet another interesting take on celebrations that fall during winter-spring i.e. January, February and March.

### **Sankranti/ Uttarayan**

**Significance:** Beginning of agricultural cycle

**Key attractions:** Kite flying, Decorating Ox, Rangolis

### **Pongal**

**Significance:** It's a festival of thanksgiving to nature representing the first harvest of the year.

**Key attractions:** The variety of Kolam designs and cattle races

But before that, we “**NorthstoweJashn**” group would like to share how we as a community celebrated the Festival of Lights Diwali this year here in Northstowe. The celebrations and festive spirit started with shopping in every household. Shopping for earthen lamps, lights, lighting, decoration, food, new clothes, Rangoli colours and fireworks. Each

household was cleaned and decorated with lights all around. We had various delicacies cooked at home which were distributed among friends, families and neighbours. Evening the house was decorated with colourful Rangoli and earthen lamps which we popularly call diyas, followed by gatherings at some houses and good food and bursting fireworks for some time later in the

night.

### **Lohri**

**Significance:** It is celebrated to mark the end of peak winter. Festival is traditionally associated with the harvest of the rabi crops.

**Key attractions:** Folk songs, Sweets and savouries. Till, peanuts, popcorn and other food items are also thrown into the Bonfire.

### **Maha Shivratri**

**Significance:** Devotion to Lord Shiva

**Key attractions:** Fasting and worshipping Lord Shiva

**NorthstoweJashn** also had Diwali event celebrated a week after. The event was inaugurated by the elder members of the family and though a closed group, we had various activities planned for the evening. It all started with the under 4s fancy dress competition and believe me when I say they all looked so adorable and cute in their little, innovative and shiny costumes. We also had a theme-based competition for the grown-up children to make Best out of the Waste. Each child had their own way of depicting this theme and all were wonderstruck with the amount of talent these young lads had. Fun and entertaining

acts in the event to name were Spot games, Games for Women and Men respectively. Ladies in the house had performed on Bollywood medley songs that took everyone's breath away. Last but not the least we had prizes to motivate the participants and all kids. The main objective to organize the events as such was to root the younger generation to our country and familiarize themselves with the culture, tradition and customs of our festivals. To check if we were successful, we also had a mini quiz for all the children aged up to 16, in which all of them scored well.

### **Basant Panchami**

**Significance:** It marks the beginning of spring. It is the festival dedicated to goddess Saraswati who is their goddess of knowledge, language, music and all arts

**Key attractions:** On this day, people wear yellow coloured clothes and make yellow dishes like sweet saffron rice and kadhi.

### **Holi**

**Significance:** It signifies the victory of good (Prince Prahlad) over evil (Holika) and the arrival of spring.

**Key attractions:** Holika bonfire, playing with colors, and bhang thandai

Leaving behind the memories of Diwali this year, we are now looking forward to celebrating the New Year with equal amount of zeal and pomp. It's not just regional and common festivals this time but also our national festival the Republic day, honouring the date on which the Constitution of India came into effect 70 years ago. The constitution gave India's citizens the power to govern themselves by choosing their own government. India became a sovereign, democratic, republic after its constitution came into effect on 26 January 1950. President of India unfurls the Indian flag on this day, at Rajpath in the capital of India, New Delhi.

Indeed, looking forward for yet another year, as nothing brings people together like festivals do in nation-building... Yohooo!!!

***Ghoonghat mein rang, Panghat mein rang, Cham Cham Chamkeela..***

***Des mera Rangeela-Des mera Rangeela!!!***

***(Colour in the veil, colour on the bank of river, brightness all around... this is how colourful my land is!!!)***



## Housebuilders spread Christmas cheer in Northstowe with a festive gift to start the season



lights while visitors enjoyed hot chocolate, mulled wine and mince pies on the green.

Caroline Carter, Sales Director at Taylor Wimpey, on behalf of the consortium said, "This time of year is about giving and spending time with friends and family. That's why we wanted to support the community efforts here in Northstowe, adding a few yuletide treats to the Christmas events."

"This gift is a way for all the housebuilders here at Northstowe to say thank you to the residents and community groups who have helped to make this brand new town such a welcoming place to live." The donation will also add an extra dose of Christmas magic to this year's Carols Round the Tree event planned for the 20<sup>th</sup> of December.

On behalf of the Northstowe Social Committee, Michelle Kemp said, "Northstowe is a brand new town where everyone is getting to know their neighbours. Lighting up the Christmas tree and carol singing are two of the social highlights of the year."

"We are very grateful for the donation from the housebuilders here in Northstowe, helping us to kick off the festive season in style."

Libby White, Parish Clerk at Longstanton Parish Council said, "Longstanton Parish Council is grateful for the support the housebuilders have given especially as they are part of the community too until the build out is complete."

Reviving the site of the former RAF Oakington, Northstowe is a new sustainable development located between Cambridge and Huntingdon. Surrounded by farmland and steeped in local history, Northstowe has an identity that is entirely unique and one that promotes health and wellbeing for its residents.



The halls have officially been decked in Northstowe thanks to a Christmas donation from the group of housebuilders behind this new Cambridgeshire town, adding extra sparkle to this year's seasonal celebrations.

A total of £700 has been donated to the Northstowe Social Committee and Longstanton Parish Council from housebuilders Barratt Homes, Bovis Homes, David Wilson Homes, Domovo Homes, Linden Homes and Taylor Wimpey, for the purchase of a 20 foot Christmas tree, decorations and refreshments for the community's festive events.

On the 1<sup>st</sup> December Northstowe's newest residents, Claudia and Majdi Mgaidia and their daughter Emma, helped to mark the start of the festivities by switching on the Christmas tree



Northstowe includes a variety of housing types, including affordable homes, suiting a range of buyers and budgets.

For more information visit [www.northstowe.com](http://www.northstowe.com) @Northstowe on Facebook or @NorthstoweTown on Twitter



**All Saints Church Longstanton****Saturday 11th January at 7.30pm****Naomi and Hannah Moxon are identical twin sopranos and they are coming to Longstanton.****CLASSICAL REFLECTIONS**

At 24 years old, Naomi and Hannah have performed in some of the UK's most prestigious venues including headlining at The Royal Albert Hall three times, when they performed for HRH The Duke of Kent. And have sung at the O2 Arena for BBL.

They have independently released multiple albums and singles; their most recent release, ECHO, reached number 3 in the The Official Classical Charts and played on both Classic FM and BBC Radio stations. This year Classical Reflection were nominated at the Classic Brit Awards and they are coming to

**All Saints Church Longstanton on 11<sup>th</sup> January 2020.**

Refreshments in the interval included in the ticket price of £12.50.

Tickets must be bought in advance from Sue Gamon [sgcoutures64@gmail.com](mailto:sgcoutures64@gmail.com)

or telephone 01954 7823371.

# Northstowe Rocks!

**Join the hunt : Facebook  
NorthstoweRocks**



**Paint your own rocks and hide around Northstowe for people to find. When you find one put a picture on the Facebook page. Happy hunting!**





Sunday gathering 10:30am Northstowe Community Wing  
 Ignite (11-14s youth group) Sunday fortnightly 5-7pm Northstowe Community Wing  
 Christianity Explored course starting in January  
 Website: [emmanuelchurchnorthstowe.org](http://emmanuelchurchnorthstowe.org)  
 Contact: [josh.monteiro@emmanuelchurchnorthstowe.org](mailto:josh.monteiro@emmanuelchurchnorthstowe.org)

Alan and Katalin write: We recently moved to Cambridge, from Bristol to be closer to family. Alan had a job with ARM, and we initially moved into rented accommodation in Cambridge itself. But when we started to look for a permanent home for us and our two young children, we looked all around the outskirts of Cambridge. Once we learned about Northstowe, we liked the idea of being part of a new community and to see a new town develop around us. We moved into Bovis and love the sunset views across the green. The changes over the last 2 years have been quite amazing.

After moving here we were told about Emmanuel Church, Northstowe and initially visited a few Sundays. Like all new places it takes a few visits to get to know a few people. But it became apparent that Emmanuel was a very welcoming place and had a very family friendly atmosphere. We became a part of the church and now feel the people are more of an extended family helping us grow as a family and spiritually alongside a church community. We found doing the Christianity Explored course at Emmanuel really helped us to understand our faith better. We've loved learning more about Jesus from the Bible, and weekly meals with our homegroup. We look forward to seeing Northstowe continue to grow, and the church growing with it.



10.30am Every Sunday with worship band and Sunday club for children

6.00pm Every Sunday for traditional evening worship

Lots more detail of weekly events and news on the website:

*Please contact Jon Edney (Elder) 01954260538*



THE CHURCH  
OF ENGLAND

## Pathfinder Church, Northstowe

*praying, exploring and sharing*



### Getting together with Northstowe

**WOW! What a great community effort** at Northstowe's First Sustainability Day, our recent Litter Picks, and those amazing Christmas Events. Who knew Northstowe could get so creative making Advent Windows as part of our Advent Adventure Around the World? Thank you!

We love spending Sunday mornings partnering with those of all faiths and none. If you have more ideas, just let us know. Regular events include a **Monthly Litter Pick at 10.30am** on the 3rd Sundays. *Watch social media for more...*

### Encountering God together in Northstowe

**Looking for deep-rooted faith, shaped for this time and this place? Church, but not as you know it?** Join us for interactive all-age conversation, prayer, music, exploration and worship every Sunday afternoon during school term. Pathfinder School Hall: 3.30-5pm

**Need some "chicken soup for the soul"?** Join our monthly reflective evening, combining shared silence, contemporary reflection and ancient monastic poetry. 1st Wednesday of the month, 8-9pm. Church House (6 Woodpecker Close)

**Fancy a family breakfast with a little extra nourishment?** On first Sundays (5th Jan; 2nd Feb; 1st Mar), 10.30am-12noon, simply come for breakfast, or a range of activities including a short act of worship in a 'chapel space': join in with what you need.

### Special Events

(held in Pathfinder School)

#### Sunday 12<sup>th</sup> January

**The Pop Up Café is back!**

We're partnering to help run the Active New Me Day, featuring:

**3.30pm "Active Church"**

*A Taster Session for*

*All-Age circuit-training for the body and soul (1.5hrs)*

#### Sunday 23<sup>rd</sup> Feb

**3.30pm Community Pancake Party (1.5 hrs)**

#### Ash Wednesday 26<sup>th</sup> Feb

**7.30pm Holy Communion and signing with Ash (1hr)**

*Your Church of England Church, with an inclusive ecumenical welcome to those of all traditions and none*

**Revd Dr Beth Cope** is the Pioneer Minister and Priest for Northstowe: your first port of call for Church of England Weddings, Baptisms and Funerals in Northstowe and the surrounding villages (the 5 Folds Family of Churches).

Church House, 6 Woodpecker Close, Northstowe, CB24 1AW (01954 261 181) [contact@northstowe.church](mailto:contact@northstowe.church); [www.northstowe.church](http://www.northstowe.church)  
 Follow our social media ([fb.me/PathfinderChurch](https://fb.me/PathfinderChurch)) or newsletter ([bit.ly/PathfinderChurchNews](http://bit.ly/PathfinderChurchNews)) to see pictures, news, and more.

## Travel update

### 1. Key dates for 2020

Smart Journeys will be running the following events in 2020:

#### **Northstowe Residential Travel Survey**

Residents will make a note of how you travelled from Monday 2<sup>nd</sup> March to Sunday 8<sup>th</sup> March. The survey will be LIVE for two weeks from 9<sup>th</sup> March to 22<sup>nd</sup> March. Your feedback will allow us to report back to operators like Stagecoach and Greater Anglia on the public transport and the local authorities on what is working well and not so well at Northstowe.

**Dr Bike Sessions** from 1300 to 1800 outside the Green, where a mechanic will check your bikes during your 15 minutes slot.

Sunday 5<sup>th</sup> April (PM)

Sunday 5<sup>th</sup> July (PM)

Sunday 4<sup>th</sup> October (PM)

**Northstowe Travel Plan Steering Group Meeting** from 1800 to 1900. The meeting will discuss mostly transport related issues or initiatives. In the past, we have had guest speakers such as Stagecoach, Greater Cambridge Partnership, ShareBike come along to these events. It's your opportunity to meet these guest speakers and ask questions directly to them.

Wednesday 1<sup>st</sup> or 8<sup>th</sup> April (TBC)

Wednesday 7<sup>th</sup> October

### 2. Discounts for Northstowe residents

Smart Journey's has secured the following discounts for Northstowe Residents.

11% discount with Electric Bike Sales on e-bikes, e-cargo bikes and e-conversions (converting your standard bike to electric), Newmarket Road.

Receive a gift card worth 10% of the value of any bike, scooter or kayak when you spend above £100 with Decathlon, Cambridge.

Receive a 50% discount on cycle workshop service at Decathlon, Cambridge.

As a proof of residence in Northstowe, your recent utilities bill is required. Please see attached minutes for the discounted flyers. For more information, please email:

[Prajina.Baisyet@cambridgeshire.gov.uk](mailto:Prajina.Baisyet@cambridgeshire.gov.uk)

### 3. Changes to Thameslink and Greater Anglia services between Cambridge and Cambridge North

From Sunday 15 December, Greater Anglia (GA) will introduce new services to Cambridge and Cambridge North:

New hourly direct services between Stansted Airport and Norwich via Cambridge and Cambridge North, seven days a week (except Monday to Friday peak hours, when a change at Cambridge/Ely will still be necessary)

New direct services between Cambridge North and

London Liverpool Street via Cambridge, seven days a week (as most GA London services are extended to/from Cambridge North)

New hourly direct services between Cambridge and Ipswich on Sundays (up from 2 hourly and giving an hourly frequency seven days a week)

These services will be supported by Greater Anglia's introduction of brand-new trains.

To enable Greater Anglia's trains to pass through Cambridge, the hourly Thameslink service between London King's Cross and Cambridge North will terminate at Cambridge from Monday 16 December. Please check [online journey](#) planners as train times will change and some services may provide new journey options.

### 4. Incentives for alternatives to the car in Northstowe (ICAN-Northstowe) Study

Moving home is a time when habits can be changed and it is often assumed that incentives could be one way to encourage people to walk and cycle and take public transport.

Researchers from University of Cambridge are conducting the ICAN-Northstowe study to investigate whether people respond differently to incentives to walk, cycle or use public transport and how these can be designed to be most effective.

To support ICAN-Northstowe, the Travel Plan Co-ordinator, Prajina Baisyet will pause the distribution of travel benefits between 5<sup>th</sup> January and 3<sup>rd</sup> May 2020, after which residents can choose to take part in ICAN-Northstowe or claim the benefits as normal. All residents eligible to take part in ICAN-Northstowe will be contacted in April 2020. The University of Cambridge are studying the uptake of incentives independently from Cambridgeshire County Council, Smart Journeys or South Cambridgeshire District Council but have been working closely with these partners and Living Sport to design a study that builds on the incentives already offered. Residents can claim the travel benefits the normal way from 4<sup>th</sup> May.

For more information about the study, please email [ican-northstowe@mrc-epid.cam.ac.uk](mailto:ican-northstowe@mrc-epid.cam.ac.uk)

Regards,  
Prajina

**Prajina Baisyet**  
**Travel Plan Plus Project Manager**

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# Wing Wednesday

Northstowe Community Wing, (next to Pathfinder Primary School)

**Second  
Wednesday  
of the month**

- Kitchen area – bring your dinner!
- Pre-school play area
- Northstowe micro-library open
- Talk to Community Development Officer
- Bookable rooms for your community group



**6pm – 10pm**

**Music •**

**Board Games •**

**Get to know your neighbours •**

**Find out what's on in the area •**

**Hot drink donations gratefully received •**



\*Unfortunately the community wing is not yet fully open and cannot be booked for commercial purposes.

## Pop up pub

Stella Rustamova

October 19<sup>th</sup> marked a first attempt at running a Pop up Pub in Northstowe.

It was one of the most anticipated events of this year. Northstowe residents have been talking of how great it would be to have our own pub for ages. It may not be possible to have a proper pub in Northstowe now but we came up with alternative – Pop up Pub.

The Porterhouse provided Northstowe residents with a pub in the Wing, but it was only part of the fun: 400 degree pizza van was there. Not long after 7pm, when the Pop Up Pub was officially open, lovely live music from Emma Spray sounded throughout the hall.

The success of the night was undeniable: people were queueing before the Pub started serving drinks and the owner of the pub was not short of customers throughout the evening.

The atmosphere was lovely: people were eating, drinking, chatting, meeting neighbours while listening to the live music. Everyone loved it. It felt like a real pub where all residents could meet up for a drink and discuss the latest news.

Now everyone is asking when are we going to have another night like this! Our answer is: we are working on it and hope it won't be very long until we can have another Pop up Pub coming to Northstowe.



# Neighbourhood watch



Ever wondered what you could do to society to get that feeling of Pride? Ever imagined what would you do if given a chance to give it back to the society we live in?

Well! There is just one answer to all the above ; being a civilian and law-abiding resident of Northstowe. Register ourselves to be a part of an organized group of individuals devoted to combat crime and vandalism within neighbourhood.

**Aim:** Educate residents of community on security, safety and achieving the same, report to authorities but not to intervene in a criminal activity, to help people protect themselves and their properties and to reduce the fear of crime by means of improved home security, greater vigilance, accurate reporting of suspicious incidents to the police and by fostering community spirit.

## Objectives:

- To improve community safety generally including, e.g., fire safety.
- To prevent crime by improving security, increasing vigilance, creating and maintaining a caring community and reducing opportunities for crime by increasing crime prevention awareness.
- To assist the police in detecting crime by promoting effective communication and the prompt reporting of suspicious and criminal activity.
- To reduce undue fear of crime by providing accurate information about risks and by promoting a sense of security and community spirit, particularly amongst the more vulnerable members of the community.
- To improve police/community liaison by providing effective communications through Neighbourhood Watch messaging systems which warn Coordinators of local crime trends which they can disseminate to their scheme members, and by members informing the police of incidents when they occur.

The police can't deal with the problems and issues arising from crime and anti-social behaviour alone; they need the help of the whole community. **Neighbourhood Watch** provides a way for local people to play an important part in addressing this balance and making the communities safer.

Now is the time to get up and register ourselves to this scheme. **The Co-Ordinator** will set up and maintain the NHW scheme within a specific street, neighbourhood or area. They will need to be in contact with nearest police station who will help clarify what is involved in crime prevention and initial steps to be taken.

Some larger communities will also appoint **Area and/or Ward Coordinators** forming a hierarchy who sit above other coordinators. The roles of the **Ward and Area Coordinators** are not necessarily authoritative (may vary around the country), but they provide structure and cohesion for larger and more active watch schemes. These are typically more active roles to assist the other coordinators, organising coordinator meetings and neighbourhood meetings as well as being an extra link to the local police.

In October 2019 alone, we had 378 crimes reported in Histon neighbourhood (Northstowe is part of it too). Not to scare you readers but we recently had two very serious attempted burglaries in the houses here, which the Police are still investigating. Having a safe neighbourhood is not just to prevent crime but also to give a safe community to our kids and the generations thereafter to come. NHW in Northstowe is **BY US, TO US and FOR US**.

Northstowe is verified by the Police and Local NHW Volunteer. Please contact **Sunny** ([pokala127@yahoo.com](mailto:pokala127@yahoo.com)), **Maneesha** ([impish.maneesha@gmail.com](mailto:impish.maneesha@gmail.com)), or visit the website <https://www.ourwatch.org.uk/join/> to join the scheme now!



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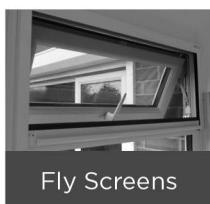
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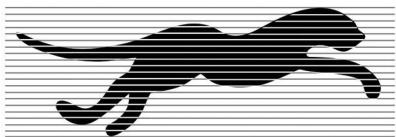
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### Winter Word Search Puzzle

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

BOOTS	SKATING
DRIFT	SKIING
FISHING	SLIDING
FLAKES	SLIPPERY
FLURRIES	SNOWBALL
FUN	SNOWBLOWER
HOCKEY	SNOWMAN
ICY	SNOWMOBILE
PLAY	STORM
PLOW	WHITE
SALT	
SAND	
SCRAPER	
SCULPTURE	
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Dog Owners of Northstowe!  
Yellow Dogs need your help!

### What is the Yellow Dog campaign?

The Yellow Dog Project is a registered charity and was created to bring awareness to dogs that need space while in training, recovering from surgery, or being rehabilitated. The campaign was started in November 2012 and is part of an international campaign which was started in Sweden and now runs in over 20 countries.

## Yellow dogs need more SPACE



### Yellow Dog - Some Dogs Need Space

If you see a dog with a YELLOW ribbon, bandana or similar on the leash or on the dog, this is a dog which needs some space. They are indicating that their dog cannot be close to other dogs. How close is too close? Only the dog or his people know, but by displaying what is becoming an internationally renowned symbol, it gives them time to move out of your way.

There are many reasons why a dog may need space:

It may have health issues

It may be a rescue dog being rehabilitated. The world can be a very scary place for these dogs.

It may have had a bad experience with another dog or is just not like the kind of friendly dogs which always want to say

"Hi!" A bitch may be in heat. The dog may be in training.

It may be very old and arthritic It may be very nervous or shy and other dogs cause it stress

In short, a yellow marker on a dog means it needs some space, those of us who own these dogs appreciate your help and respect.

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**Body Conditioning**  
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#### Willingham timetable

##### Ploughman's Hall

Zumba/Aerobics 'n' tone 9.30am  
Monday (children welcome)

Fitness Pilates 6.30pm Wednesday

Zumba 7.30pm Wednesday

Fitness Pilates 9.30am Friday

#### Cambourne timetable

Zumba Monday 7.30pm The Blue School

Fitness Pilates Tuesday 9.15am The Hub

Fitness Pilates Thursday 9.15am New Cricket Pavilion

Zumba Thursday 8pm The Hub

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**Winter Number Sudoku Puzzles**

Fill in the blank spaces so that every row, every column and every smaller grid contains the numbers 1-4 (No. 1 & 2) or 1-6 (No. 3).

3	4		1
4		2	3
	2	1	

2	1	3	
			1
3	4	2	
			4

3	5	6	2
6			4
1	4	2	6
2	5	6	3

No. 1      No. 2      No. 3

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A black and white photograph showing a group of approximately ten young girls, likely students, performing on a stage. They are all wearing school uniforms consisting of white shirts and ties. Many of the girls have their hands raised in various poses, some making peace signs or holding up fingers. They are looking towards the camera with smiles. The background is dark, suggesting a stage setting.

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