

Northstowe News

Issue 16

July / August 2021

A photograph of a large tree with white blossoms in the foreground, set against a backdrop of a clear blue sky with some white clouds. In the background, there's a row of modern houses with dark roofs and light-colored walls.

**Baby Swans in
Northstowe Nature
Notes**

**Summer Sports and
social activities**

**Plastic Free
Community**

**Book reviews
and board games**

**Stories behind
the stones**

**Clubs, Groups, Events,
News from the Developers,
and Much More Inside...**

Editors' Welcome

We all enjoy looking forward to the beginning of new things. Over the next couple of months we might look forward to the beginning of the Summer season after a rather rainy Spring; to the New Year in the Islamic calendar; to new seasons of a favourite TV programme; and, hoping that the covid lockdown is coming to an end – with great thanks to the NHS and everyone involved in administering the essential vaccines – we can finally look forward to a return of normal social activity and all of Northstowe's various community groups springing back into life.

For many people, the last year has been an extremely difficult one and I think almost everyone will quite rightly be very glad to see the back of lockdown. But before its memory is gone, perhaps there is still time to reflect on any good things we learned along the way. Some people have had opportunities to learn new skills and crafts. Technology has enabled us to keep in better touch with friends and family – even at great distances. And we've seen the way that communities have drawn together to help the vulnerable. As we find our new normal, let us try to keep hold of the best new things and be wonderful to one another.

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| Full Page Ad 194mm x 269mm | £120.00 |



NORTHSTOWE
SOCIAL

Northstowe News is produced 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 Northstowe 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 September / October issue is **August 1st**.

BIN COLLECTIONS

| | |
|----------------------------------|----------------------------|
| Thursday 1 st July | Blue and Green Bins |
| Thursday 8 th July | Black Bin |
| Thursday 15 th July | Blue and Green Bins |
| Thursday 22 nd July | Black Bin |
| Thursday 29 th July | Blue and Green Bins |
| Thursday 5 th August | Black Bin |
| Thursday 12 th August | Blue and Green Bins |
| Thursday 19 th August | Black Bin |
| Thursday 26 th August | Blue and Green Bins |



Report Missed bins at:

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

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Northstowe Town Council

Hi Northstowe!

For those I haven't met yet, I'm Richard Owen – I moved to Northstowe in June 2017 into the Bloor development, and live here with my wife Lauren and two cats. I work in Cambridge as a Product Manager in software development. Over the past few years, we've been excited to see Northstowe grow from a few houses on a building site to almost 1000 properties today! I joined Longstanton Parish Council as the first Northstowe representative in 2018, and was elected as one of fifteen councillors to the newly formed Northstowe Town Council in May. At our first full meeting at Northstowe Secondary College, I was honoured and humbled to be elected as our first council chairman and Town Mayor, alongside Cllr Paul Littlemore as Deputy Mayor.

Twenty of our residents put themselves forward for election to the fifteen available places on the council in May, with a wide range of life experiences and skillsets. Those who missed out this time I hope will remain engaged with the community and consider standing again next year – it's rare that there are contested elections at this level, and the enthusiasm and commitment from so many of our residents is something of which we should be very proud! The fifteen councillors elected for Northstowe and Rampton Drift are truly representative of our community's demographic and are a world apart from most parish councils in gender balance, diversity and age.

As a new council, one of our first responsibilities was to establish committees to focus on specific areas we will be working on over the next year:

- **Planning.** The Town Council will have a key role in giving our recommendations on planning applications. This is a much larger role for us than for most councils in the area, as all applications around the development of Northstowe will come through us first. One of our first tasks here was to review and comment on the plans for the Phase 2 Keepmoat development, which is located next to Rampton Drift – the impact on residents from this development is likely to be significant, so we need to make sure their interests and concerns are looked after! We expect plans for the Phase 1 retail and employment land and outline plans for the town centre to come through over the course of the year as well, and our input will be key to how these commercial areas are developed.
- **Events and Markets.** Over the year, the Town Council will be involved in organising community events and markets. As we emerge from Covid restrictions, it'll be critically important to have events through the year to bring the community together – this group in the council will be responsible for making this happen!
- **Employment.** We are in the process of employing a Town Clerk, whose role is to provide guidance to the council on what we can do and ensure our processes run smoothly. It



is an extremely important role for the community; having a good clerk makes a world of difference in how well the council functions.

- **Finance.** The primary source of funding for the Town Council is through the precept, paid through council tax. It is our responsibility to be good stewards of this money and ensure we get maximum benefit for the community from the money we spend. Over time, we will also be looking to generate further sources of income from community facilities.
- **Sustainability.** We will be coordinating with Longstanton Parish Council to push forward initiatives on sustainability, including reduction of plastic usage and increasing biodiversity. Across Longstanton and Northstowe, we all have an interest in ensuring that our green spaces are protected and nurtured as the town develops.

In addition to these groups, the Town Council will have representatives on several cross-community groups, including Open Space maintenance (making sure we get our money's worth from Greenbelt), support for community groups and youth works, and arts and heritage provision, to help develop all aspects of community life.

I would like to thank all those who have worked so hard to make the formation of our council a reality – as you can see, there's a lot for us to work on. As a team, we will work hard to represent all our residents across Northstowe and Rampton Drift and make it a great place to live! Our full council meetings are open to all on the 4th Wednesday of the month – there's a standing item in each meeting for items and questions members of the public wish to raise, so please do come along. If you have any other questions or concerns, please get in touch with me directly (cllr.owen@northstowntowncouncil.gov.uk) or our Town Clerk (townclerk@northstowntowncouncil.gov.uk). I'm looking forward to meeting as many of you as possible over the next months!

Cllr Richard Owen
Town Mayor

District Councillors' update

Cllr Sarah Cheung Johnson & Cllr Alex Malyon

PHASE 2 HR WALLINGFORD REPORT INTO DEWATERING IN LONGSTANTON AND NORTHSTOWE

Concerns were first raised by residents and the Parish Council in 2015 regarding reducing water levels in the Kingfisher Ponds and other ponds and wells in the Parish. Concerns were continuously raised throughout the period until then end of 2017 when it was reported that the Kingfisher Pond had completely dried out. To our knowledge no action was taken regarding these declining water levels by our predecessors at the District Council. When we were elected as District councillors in 2018, we immediately sought to engage with residents and the Parish Council on this issue, arranging meetings with residents, the Parish Council, the developers L&Q and SCDC officers. At our request both the Leader of the council and our Chief Executive visited the Parish Council to speak on these issues. Initially we asked for a report to be prepared by an officer at SCDC. Finally, we fought for and succeeded in getting funding from SCDC for a fully independent report into the water levels, the results, and recommendations of which we have committed to act on.

The consultants HR Wallingford were chosen by the Parish Council and commissioned by SCDC. Their report is being prepared in three phases. Phase 1, which was delivered to LPC in February 2021, reported on the hydrology and hydrogeology of the area. Phase 2 was recently received by the Parish Council and presents the consultants view of changes in the Kingfisher Pond and if the groundwater water levels and other hydrogeological features have changed. The final phase of the report will summarise the reasons for the changes that have been seen in the local area and the Kingfisher Pond.

We are committed to full transparency with these reports. They have been sent directly to the Parish Council and other contributors. Residents can obtain a copy of the Phase 1 and 2 reports on request from the Parish Council. We are expecting the Phase 3 report to be delivered soon.

WORK ON PHASE 1 WATERPARK

Work has recently been carried out on clearing and re-planting at the Northstowe Phase 1 waterpark. We are disappointed that this work is being carried out so late and during bird nesting season.

This work was scheduled by L&Q to take place earlier in the season, unfortunately this was delayed by them. We spoke with officers at SCDC (planning and ecology) and there is nothing from an enforcement point of view that can be done to halt the work, as the necessary approvals from Natural England are in place. There was an ecologist on site

supervising the work and ensuring nests are not disturbed and as we requested a second ecologist was brought onto site today to assist. This work has now been completed and the waterpark is due to open early summer.

Homes England have also advised they are looking at opening the Phase 2 waterparks around the Education Campus in Autumn. These waterparks will be zoned, with some for recreational use – canoes, kayaks – some for open water swimming and some for nature with limited access for people.

UPDATE REGARDING THE GP

A number of residents have contacted us with concerns about long waits for GP appointments at the Willingham and Longstanton medical practice. Please see the statement below from the practice. They are very aware of residents' concerns and are expanding staffing to meet demand. They have recruited 2 new GPs, giving them 6 extra sessions a week. This will include putting 2 GPs on some mornings at Longstanton Branch. They have also recruited new reception staff to deal with an increase in enquiries from patients.

Staff who are continuing to work incredibly hard, as the pandemic is ongoing. Recently the surgery has seen a spike in demand with people coming forward for routine appointments as lockdown is easing. Sadly, they are also seeing a spike in issues with mental health. They do not think that the increase in demand is related solely to new Northstowe registration.

It is important to emphasise though that people should still contact the practice if they need to see someone, please do not avoid making an appointment because you think they are busy.

A new Northstowe surgery is planned for Phase 2 of the town. Key NHS staff who were working on this project have been pulled into the pandemic response but are now beginning to work on this project again. They are looking at demand and will review if an interim service is needed before the new Northstowe practice fully opens- this is a decision for the NHS Clinical Commissioning Group. We will support this as far as we can, but this is not a planning issue that can be resolved quickly by the council.

The practice is working hard to expand resources as quickly as possible. Over the past few weeks, we have employed 3 receptionists, 2 GPs and extra administrative support to cope with the incredible demand. Please be mindful the pandemic is ongoing, and we are still governed by the stringent infection control procedures that were introduced last March, and every call must be telephone triaged by a clinician. With a practice list now over 10,000 patients, the rapid expansion coinciding with the vaccination programme has resulted in patient frustration and unprecedented pressure. Please be assured we

County Councillor's update

are working very hard to increase capacity as quickly as we can. Please be patient, understanding and kind to our team who are doing their very best at an incredibly challenging time.

ZERO CARBON COMMUNITY GRANTS

The next round of South Cambridgeshire's Zero Carbon Community Grants is now open. Community groups can now bid for a share of £100,000 from the District Council's Zero Carbon Communities Grant scheme, which has already funded more than 35 grassroots projects to tackle climate change.

The fund aims to support the district shift to a cleaner and greener future with the support of the community. Local groups can bid for cash to spend on ambitious projects that reduce carbon emissions and reliance on fossil fuels, spread awareness and promote behaviour change towards low carbon lifestyles.

Grants between £1,000 and £15,000 are available. The money comes from business rates from renewable energy sites, like solar farms, in South Cambridgeshire that the Council retains and earmarks for use in green initiatives like this.

Non-profit groups or organisations that are based in the district and parish councils can apply. Other groups, such as social enterprises and community interest companies can apply as part of a partnership led by a parish council or not-for-profit group.

Those interested in applying are being encouraged to sign up for an upcoming webinar run by the Council, titled, 'How to make a successful grant application' will be held on Monday 7 June at 7pm. It is free to sign up and take part. Sign up to the webinar here: <https://www.scambs.gov.uk/nature-and-climate-change/zero-carbon-communities/zero-carbon-communities-events/>

Applications are invited for projects under the three themes:

- Community buildings
- Tree Planting/Nature
- Other projects which reduce carbon emissions

The deadline for applications to be received by the Council is 5pm on Friday 30 July 2021.

The application form, guidance notes and details of previously funded projects can be found here:

<https://www.scambs.gov.uk/nature-and-climate-change/zero-carbon-communities/zero-carbon-communities-grant/>

I would like to take this opportunity to thank you personally for electing me on Thursday 6 May as I begin my role as both Northstowe Town Councillor for one year and Cambridgeshire County Councillor for the next four years. I have received many kind messages and huge amounts of goodwill which has been extremely humbling. I promise that I will do my very best to serve the residents of this exciting new Town.



The elections for County Councillor for the Longstanton, Northstowe and Over ward, which includes Oakington & Westwick results were as follows:

Tom Bygott (Conservative) 1126 votes 35.5%
Maria Harrison (Green) 342 votes 10.8%
Firouz Thompson (Liberal Democrat) 1706 votes 53.8%

I would like to extend my gratitude and appreciation to Peter Hudson, who has stood down as our County Councillor after 7 years serving this community, and to show my appreciation for his hard work and commitment throughout his tenure in the role. I do hope you enjoy your retirement.

In truth, it is with a mixture of excitement and a fervent passion to serve our community that I embrace the next four years in office. I reiterate my desire to work tirelessly in representing our community for the benefit of all. Together with our fantastic District Councillors, Alex Malyon and Sarah Cheung Johnson and our new Town Council, I will be working in tandem with them on the very things that really matter to you most.

Interestingly, this local election has seen a huge change. We now have new Liberal Democrat County Councillors in neighbouring divisions such as Bar Hill and Cottenham & Willingham. These gains, together with others across the County mean that the Conservative Party no longer have the controlling majority on Cambridge County Council. I would like to extend my congratulations and warm wishes to Dr Nik Johnson who is now the Labour Mayor of Cambridgeshire and Peterborough.

Please do not hesitate to contact me with your questions, views or issues. I can be contacted via my mobile 07974680875 or email firouz.thompson@cambridgeshire.gov.uk

Please join the local Longstanton, Northstowe & Oakington Facebook page.

With very best wishes
Firouz Thompson

NORTHSTOWE Community Forum

A space for local residents to engage with developers and public sector bodies about the new town of Northstowe



14 July 2021, 7pm



Online



NorthstoweCommunity

View the agenda, or join the forum: www.scambs.gov.uk/northstowe-forum
Submit your questions in advance to: Northstowe.Community@scambs.gov.uk

CONNECTED NORTHSTOWE COMMUNITY

An update from House by Urban Splash

We have had so much going on already this year! Our first new homes arrived in March closely followed by another 10 homes popping up in pairs along the skyline. In the first phase there will be 43 new Town House homes, a mix of garden living, where your ground floor and garden are your main living and entertaining areas, and 'loft living' where your traditional kitchen, dining and living space is on the top floor and generous balcony! All with views across the new lakes at Northstowe and beyond.

They not only pop up really quickly, but there are so many benefits of building this way. The timing of the groundworks and the house being 'built' in the factory happen at the same time, rather than in sequence on a traditional building site, making the process quicker overall (and less affected by the elements!). We do all this to improve quality and liveability, reduce carbon and construction time and to reduce overall waste by between 70% and 90%.



The benefit for residents and the local community is by the point at which our homes arrive on-site a lot of the messy work has completed, we can also very quickly create a street scene so the transformation week to week is pretty spectacular! All ready for when homeowners start to arrive and occupy their new homes.

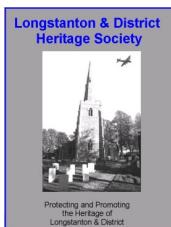


We have also been busy celebrating how connected Northstowe is with the wider and surrounding community by supporting Bike Week in June with some specially designed bike seat covers given to new customers and Northstowe Cyclists. Pop into the pavilion to pick one up. Also check out our blog for our 7 top picks of places to cycle to.

We support the local community as much as we can, recently we helped Northstowe Secondary College set up a crowdfunder to raise funds for a brilliant new environmentally friendly school and community minibus. You can pledge money for the ecobus here: <https://www.crowdfunder.co.uk/ecobus>

Finally, we are really excited that our new Show Homes are opening officially on 26th June and can't wait to welcome you inside and share photos so you can see the beautifully designs up-close. We can't wait for our residents to move in later this year (hopefully late Summer, early Autumn) and join the Northstowe community!

LDHS UPDATE: NORTHSTOWE — July / August 2021



LDHS ANNUAL REPORT: NO 14

1 APRIL 2020 - 31 MARCH 2021

LDHS is an independent society, launched at an inaugural meeting held at Longstanton Village Institute on 11th May, 2007.

Governed by our constitutional obligations, LDHS is run by a committee elected by Society members. 50% of the committee must stand for election at the Society's AGM, held each September. The AGM for 2020, was held as a remote Zoom meeting due to the coronavirus pandemic.

Membership prior to renewals on 1 April 2021, stood at **69**. This number includes some family memberships which means there are more members than this figure suggests. Membership is higher than last year and we are pleased to see an increase in members from Northstowe. Low membership numbers from Oakington & Westwick is a continuing cause for concern. LDHS hopes that once a heritage facility opens on the site of RAF Oakington, we will be able to attract more members from the village once again.

Tony Cowley - This Annual Report cannot fail to mention the sudden and very sad passing of Tony. Former founding member and Chairman of LDHS, former Longstanton Life Editor and article writer, Tony was an integral part of the Heritage Society and it has been very strange not having him here in the background acting as advisor, friend and inspiration. However, the work of LDHS has to go on, not only because Tony would have wanted that but because, like all of us, he passionately believe that what we are doing to preserve and protect the shared history of Longstanton, Oakington and Northstowe is important heritage work that will benefit future generations.



A J Cowley, (Tony) was a long-time resident of Longstanton until ill-health meant he had to move to Cottenham. However, he continued working with LDHS until his death in the autumn of 2020.

The Coronavirus Pandemic - Coincidentally, this Annual Report is being written on the 23rd March, a year to the day after the first lockdown was brought in to try to control the spread of this deadly virus. The pandemic has impacted our

work this year with only the March 2020 Talk going ahead. Fortunately, LDHS is affiliated with the Cambridge Antiquarian Society (CAS) so LDHS members have been able to access the CAS Lectures as they went on-line. Sadly, with so many things moving on-line this year, members with no internet access have missed out. To mitigate this, LDHS has made great efforts to broaden access to historical information with a series of articles in both the Longstanton Life and Northstowe News. In addition to the usual *Updates* and *Memory Lane* features, other local residents are coming forward with their own research and the first of these **Community Research** articles has been published this year.

Heritage Annex - The coronavirus pandemic has impacted on the Heritage Annex project with social distancing, home working and the inevitable increase in costs impacting the plans. The building is still being planned but it will inevitably be to a new design and new budgets to reflect the realities of producing a facility that needs to be covid compliant. Even with the successful roll out of vaccines in the UK, the impact of the pandemic will be felt for years to come.

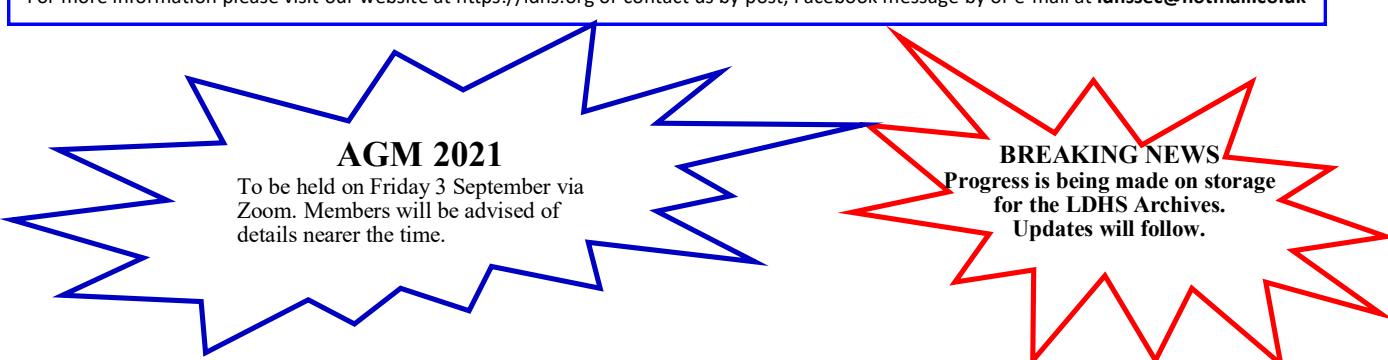
Community Engagement - The Heritage Society has an enormous task on its hands and the LDHS Archives form a large part of our responsibilities. The physical archives require safe storage, indexing and filing and the digital archives, including photos, interviews and film require to be made accessible to the public in a way that does not undermine the physical displays found in the Heritage Annex, when it opens.

This year, LDHS has been delighted to have had the support of Longstanton Parish Council as we work with Homes England and others on the delivery of the building. However, storage of the LDHS Archives remains an issue. If LDHS is going to be the custodian of Longstanton, Oakington and Northstowe archives for generations to come, the Society needs professional support to ensure that this can be achieved. Safeguarding the LDHS Archives for the future continues to be our major focus and will remain so until the matter is settled, in a way that is right for the archives and is fully supported by LDHS members. If LDHS cannot safeguard its archives for our communities then alternative solutions will need to be found, but this is not our preferred option. The **LDHS Archives** were set up **BY THE COMMUNITY, FOR THE COMMUNITY** and we remain hopeful that with the help of local councillors and others, community control and ownership of the archives will remain. We are grateful for the support we have received to date and look forward to making contact with the new Northstowe Town Council soon.

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

AGM 2021

To be held on Friday 3 September via Zoom. Members will be advised of details nearer the time.



Sports, Health and Wellbeing

TANG SOO DO CLUB

We are finally opening our family-friendly martial arts club in Northstowe. Two classes are starting on **Mondays and Thursdays** at the Community Wing – a Tiny Tigers class for 4-6 year olds at 4pm followed by a junior class for 7-11 year olds from 4:45pm. Email enquiries@Northstowetsd.co.uk



COMMUNITY BADMINTON CLUB

Mondays 7-8pm (Women's) and **Fridays** 6-7pm (Mixed) at Northstowe Secondary College. Rackets & shuttles provided. Must book in advance – contact northstowebc@gmail.com

NORTHSTOWE CRICKET CLUB

New club in Northstowe welcomes new players, young and old. Nets and training at Northstowe Secondary College, with regular matches against other local clubs. Also - Junior Cricket for boys and girls will be launching soon with fully qualified ECB coaches. For details see <https://www.northstowecricket.com>

JUDO CLUB

New members always welcome from ages 5 to 105 from beginners to Dan grades. On **Fridays** at the Pathfinder school, 5-6pm (under 8s) and 6-7pm (over 8s). For more information contact colinappidojo@gmail.com

BASKETBALL SESSIONS

Junior and Senior, beginner and intermediate basketball sessions at Northstowe Secondary College and Pioneer Park. For details email northstowe@fastbreakbasketball.co.uk

YOUR COMMUNITY GROUP HERE

Are you involved in a community sports or social group which should be included on this page?

Email northstovenews@gmail.com and tell us about it!

CAMBRIDGE CITY FOODBANK

Cambridge City Foodbank are opening a new distribution centre in Northstowe and need volunteers. Volunteers welcome visitors to the centre, help them with their food and, subject to lockdown restrictions, spend time chatting with them. Food bank visitors are referred by support agencies, such as Citizens Advice, SCDC, Pathfinder Church and the local schools. The centre will be open on Wednesday afternoons from 1:30 to 3:30. Opening day is 9th June. If you would like to help, please contact volunteer@ccfb.org.uk. For more information about volunteering please call Margaret on 07398292451.



If you, or someone you know, is in a food crisis, please get in touch with one of the local support agencies, such as Pathfinder Church: contact@northstowe.church (07720 330 272)

Northstowe Buggy Walks

Weekly, Monday 10.30am - 11.30am

Meet at Northstowe Community Wing

Pathfinder Way, CB24 1AA

A great way to meet other local people, whilst getting active and enjoying the fresh air. Suitable for families with children under 5, their carers and expectant parents - **free of charge**.

Numbers are restricted so booking is essential. Sign up via email on ChildAndFamilyCentre.South@cambridgeshire.gov.uk Or message on Facebook SouthCambsChildandFamilyCentre/ Or call 01954 284672



HUNTINGDON LADIES HOCKEY CLUB

Fancy a game of hockey?
Interested in joining a fun, sociable ladies team?

Huntingdon Ladies H.C are currently relocating to Northstowe!
We would love to welcome new members.
No prior experience needed.

Starting late August: Northstowe Astro
If you require further information
please contact:
huntingdonhockeyclub@gmail.com



SEPTEMBER 5TH NORTHSTOWE FESTIVAL OF RUNNING 2021

Marcin Lis

After a small inaugural event and a successful fundraiser in October 2020, when we managed to raise £1102.33 for new playground markings for the Pathfinder C of E Primary School, we continued to promote the new running festival for Northstowe.

During the wintertime and the national Covid-19 lockdown, we organised series of virtual challenges to help people stay active and motivated. We were also working very hard to plan the next event.

We are pleased to announce that the first-ever Northstowe Festival of Running will take place on Sunday the 5th of September 2021. The one-day event will host three runs: Northstowe 10k, Northstowe 5k Fun Run and Northstowe Family Mile. We'll see many experienced club runners as well as novice runners and entire families taking part in these events.

More than just running: Thanks to cooperation with our sponsors and partners the festival will offer a variety of free attractions like fitness and yoga classes, dance classes, active plays for kids and families, on-stage entertainment as well as a street food market.

We are continuing to support our community and this year the event will contribute to all local schools. All profit from the 5k Fun Run and Family Mile is going to support children from Hatton Park Primary School, The Pathfinder C of E Primary School, Northstowe Secondary College and Martin Bacon Academy.

For more info please visit our website at www.northstowerunfest.co.uk and sign up for one of the runs if you haven't yet. We can't wait to see you all on the start line.


?


Hungry? How to GET HELP

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

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

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

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

Cambridge City foodbank

Read more: cambridgecity.foodbank.org.uk



Total Relaxation

at the farmhouse

The Farmhouse
Gladeside, Bar Hill
Cambridge, CB23 8DY
01954 789 344
www.total-relaxation.co.uk

Aromatherapy, Massage, Reflexology, Indian Head Massage, Hot Stone Massage, Facials, Hopi Ear Candles, St Tropez Spray Tanning, Manicure, Pedicure, Gel Polish, Lash & Brows, Waxing, Hairdressing



You can still get Advice during Covid-19

Cambridge & District Citizens Advice provide a free, impartial and confidential service to support people who live and work in Cambridge and South Cambridgeshire. We offer advice on a wide range of issues, including benefits, debts, housing, relationships and employment.

General advice is available via our [Adviceline 0344 848 7979](#). This is open Monday to Friday from 9am to 5pm (we now have lots more people answering so it is easier to get through than before)

You can [email us for advice](#) or to request a call-back by visiting the website at <https://www.cambridgecab.org.uk/help-advice/get-advice>

Anyone seeking to make a new claim for Universal Credit should call our [FREE Universal Credit Help to Claim line on 0800 144844](#) (Monday - Friday 8am - 6pm). We can help you initially by running a "better off" benefit calculation to ensure that claiming Universal Credit is right for you. We can then discuss the results and give you more information. If it is right for you and you'd like to make a claim, we can support you in the early stages of your Universal Credit application.

For advice on consumer issues (e.g. issues related to products or services you've purchased, cancelled holidays etc.) can contact the Citizens Advice [Consumer Helpline on 0808 223 1133 for FREE or chat online to an advisor](#).

Don't have internet access or phone credit? Put your name, contact phone number and very brief details of your issue on a piece of paper and post it through the letterbox of our office in Devonshire road and we will call you back..

CAP LIFE SKILLS

CAP Life Skills will give you the skills you need to improve important parts of your life and meet new friends in a relaxed and welcoming environment.

"Through CAP Life Skills I learned about budgeting and changed my habits. Because I'm spending differently now, I save so much money. Last year I was able to go on holiday with my kids."

Beverley | CAP Life Skills member

Friday mornings 10:30am - 12:30pm
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District Nurse Team: 01223 726469 Option 2 Health Visitors: 0300 029 50 50
Out of hours cover: Ring 111 Website: www.willinghammedicalpractice.nhs.uk

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

11 tips to cope with anxiety about coming out of lockdown

Easing of lockdown will allow us to get back to the people and things we love, but it's OK if you feel worried about going back to something more "normal" as lockdown restrictions loosen.

The coronavirus (COVID-19) outbreak has been hard for us all and we have all experienced the effects differently, including those of us who have been shielding. Even positive change can lead to anxiety, and it can take time to readjust to things we have not done for a while. Feelings of post-lockdown anxiety are likely to pass with time as we get used to the "new normal" but it's important to do what we can to take care of our mental health.

There are lots of things that can help you to manage these feelings and make it easier to adjust. The NHS website provides the following top tips for taking care of your mental health as things change.

1. Go at your own pace
2. Do not avoid things entirely
3. Get your information from the right sources
4. Discuss any changes with others
5. Make time to relax
6. Challenge unhelpful thoughts
7. Tell someone how you feel
8. Plan social occasions
9. Find routine where you can
10. Write down your thoughts
11. Focus on the present

For further information please visit

[**https://www.nhs.uk/every-mind-matters/coronavirus/tips-to-cope-with-anxiety-lockdown-lifting**](https://www.nhs.uk/every-mind-matters/coronavirus/tips-to-cope-with-anxiety-lockdown-lifting)

And remember, mind and body go hand in hand – visit [**https://www.nhs.uk/better-health**](https://www.nhs.uk/better-health) for lots of free tools and support to help you kick-start your physical health too.

Covid Vaccination programme

Over the last five months we have vaccinated thousands of patients and are so grateful to all of our staff and local volunteers whose hard work, support and dedication has enabled us to help deliver the vaccine to our patients who are most at risk of Covid-19.

The vaccine programme has now entered Phase 2 which will focus on cohorts 10 -12 (ages 18 – 49). Whilst we continue to provide second doses to our patients who received their first dose through the practice, we have taken the decision to opt out of offering vaccination services for Phase 2 cohorts to enable us to focus on our day-to-day GP services.

Patients in cohorts 10 – 12 (ages 18-49) will be invited for their vaccine via a text or letter from the National Booking Service and will be able to book an appointment online via [**nhs.uk/covidvaccination**](https://nhs.uk/covidvaccination) or by calling 119 at one of the local Vaccination Centres, which includes Chesterton Bowls Club, Grafton Centre and Superdrug on Sidney Street, as well as centres in Huntingdon and Newmarket.

Any patient in cohort 1-9 who has not yet received their vaccine can still book online via [**nhs.uk/covidvaccination**](https://nhs.uk/covidvaccination) or by calling 119.

***Whether you have had the vaccine or not, please continue to follow all the guidance in place
to control the virus and save lives.***

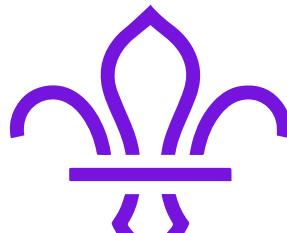
Further information on the COVID-19 vaccination programme, including frequently asked questions and patient information leaflets here [**https://www.cambridgeshireandpeterboroughhccg.nhs.uk/news-and-events/latest-news/covid-19-national-vaccination-programme/**](https://www.cambridgeshireandpeterboroughhccg.nhs.uk/news-and-events/latest-news/covid-19-national-vaccination-programme/).

Farewell Dr Harding

At the end of May the practice said goodbye to Dr Harding, as he retired from General Practice. Dr Harding has been a very valued member of the team for the past 2 years, and we wish him well in his retirement.

Lisa Smith –Assistant Practice Manager– June 2021

1ST NORTHSTOWE SCOUT GROUP



Scouts

1st Northstowe Scout Group is growing again.

Like so many organisations the pandemic has taken its toll on scouting, after a year of growth in our expanding community. Your local Scout Group is now building back even stronger and firmly focussed on the future, and to do this more adults are needed to step up and volunteer.

Young people are already returning in their droves, with over 50 boys and girls aged 6 to 14 already taking part each week, which is why more adults would be welcome to join the team.

Mark Mills, Assistant Group Scout Leader, said "Society has changed. People are going to be working at home more often, and without commuting maybe there is perhaps now time available to give to volunteering. Whatever time you can give we have a role for you, and many of them provide a perfect antidote to hours on the laptop! Our future volunteers might be parents of young people already in the movement, people who remember their own days as Scouts or simply those who want to better support the young in their community.

Volunteering is good for communities, good for young people and good for you."

There are some great opportunities in scouting that will allow you to help support our growing community, ensuring young people can continue to gain skills for life through all that scouting can offer.

The roles can be working directly with the young people), meaning you can get "hands on" and creative with hundreds of activities alongside them. If that is not for you why not offer some time in a support role – that cover everything from finance to photography and websites to training.

Think you are just too busy?

Please think again, as whether you can spare a few hours a year or a week there is bound to be a role for you, no matter if you are 18 or 80! Volunteering with scouting is entirely flexible around whatever time you can give.

Not sure what you could do?

Volunteers are needed not just to help as leaders but also to help with fundraising, note taking, social media posting, camp cooking, tent pitching, website building, event organising, record keeping, first aid training, hill walking, grant obtaining, craft making, sponsorship seeking, video making, cake baking, email sending, recruiting, information sharing, software using and.... - or even just knowing how to make a 6-foot pyramid out of matchsticks without sticking your fingers together!

What is in it for you?

Being part of a team that helps shape the generations to come through fun, adventure and learning new skills (for them and you) is so rewarding. If wanted there are great development opportunities, enhancing your CV or strengthening areas that will help you in your day job. Full training and support are provided.

Here is what just one volunteer has to say: "Volunteering in scouting is very much a two way street. Becoming a leader was the best decision I ever made. Scouting has given me amazing adventures, buckets of confidence and an extra family who I know have always got my back. It kept me sane in lockdown and has now even led me to becoming a teacher!"

What next?

It could not be easier! Just contact us to explore the possibilities at info@1stnorthstowescouts.org.uk

Remember, it is all about what you can do, not what you can't.

Even if you decide you are unable to help right now perhaps you know somebody who can?





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

We are now open and following stringent Government guidance.

Staff trained in Covid-19 Awareness.

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

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

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

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  www.buttercupsc childcareltd.co.uk

Be
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*Few spaces available
for September*

Book a visit:
stmaryscambridge.co.uk/visit

St Mary's School
C A M B R I D G E



Looking for childcare near Northstowe?

Bellaclaire Childcare is a privately run nursery offering first class childcare in Longstanton. We offer a modern purpose built well administered and well managed childcare facility. Creating a safe, caring and stimulating environment where each child can develop their social, emotional, educational skills and potential whilst becoming independent and active long term learners.



Ages: 4 Months to 5 Years
Hours: 0730-1800
Days: Monday to Friday

Funded and Private
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Year round care!

Bellaclaire
CHILD CARE

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w: www.bellaclaire.co.uk
e: office@bellaclaire.co.uk



Schools



The summer term has started brilliantly with students coming back after Easter break and ready to learn. Our clubs are all up and running again, with the creative writing club writing some impressive stories which we hope to publish soon, the netball and football club having their first fixtures this week. It has been nice to have the opportunity to work as a team and see the competitive spirit again in our local secondary schools. Our curiosity club also continues to meet weekly, where students are investigating questions such as:

- What is the significance of The Gateway Arch in American History?
- What makes a good Historical Fiction?
- Back holes: what might be in them?
- How has covid -19 affected this world as a whole?

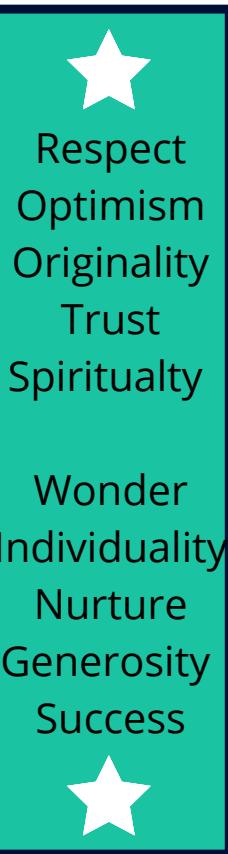
Mighty impressive questions to tackle in year 7. 38 students have also entered the National Maths challenge, with students in both years 7 & 8 taking part.

Our student voice has also been active in our weeks back in school, with student council meeting regularly and feeding back on ideas they have to improve the school. They have asked for clocks in all classrooms, alternate weeks on the window side of the library for each year group, they have also asked for us to return to Satchel One (Show my homework) instead of teams for setting homework. All of which we have been able to put in place.

We are also still fundraising for the library and our school minibus and our school readathon raised over £554.00, with some amazing efforts from individuals. As reading is a key focus of our curriculum, it was great to see so many students getting involved. We have also been hugely grateful for the support in the community, particularly Northstowe Foodie vans, that have been generous in giving us £1589.00. This will make such a difference to our fundraising. We are also involved in the planning of the Northstowe fun run which is planned for the 5th September. With a competitive race and then a fun run for people of all ages and abilities, we hope to tie this into an Open Day of our school, to finally allow our community to come and see our facilities.

We are now opening our inside facilities including a 4 court sports hall, activity and dance studio, now that Covid restrictions are easing. We are looking forward to having the Basketball club on a Thursday and welcome any other groups or activities that are looking for inside space, do get in touch with us at lettings@Northstowesc.org.

We would like to get a gym up and running for September and would be grateful if residents could fill in the survey: <https://tinyurl.com/bs38j25c>, to help us plan a facility that would benefit as many people in our community as we can.



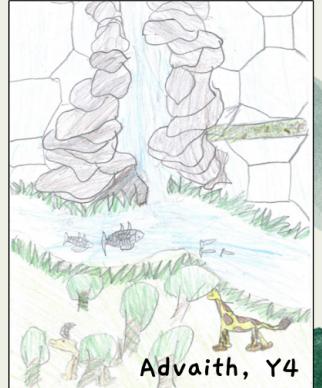
THE PATHFINDER C OF E PRIMARY SCHOOL

Whole-school Reflections...



Within our class reflection times, we have thought about The Garden of Eden and linked this to The Eden Project in Cornwall. Firstly, we looked at the artwork below by The Eden Project's resident artist; John Dyer.

Then, we created our own 'Garden of Eden' artwork. We considered what our ideal 'perfect' garden would include. Some of this artwork, alongside the reasons for each garden's features, were shared during our Collective Worships and are now on display in the hall.



Skipping Week!

The whole school took part in the SCSSP skipping week challenge. This event saw all classes, including pre-school, take to the playground with skipping ropes in an attempt to achieve a wide variety of skipping skills. They included forward skipping, running skipping, partner skipping and backward skipping. Everyone who took part managed to achieve either a bronze, silver or gold award for their skipping skills. We hope this event encourages more skipping both in and out of school, as part of an active and healthy lifestyle.

In Reception

In YR, we have been doing balanceability. Each week in small groups, we get to go out and practise our balancing skills on stepping stones of different sizes and levels. We have learnt how to walk safely with a balance bike and how to ride them with control and skill.

School Garden Conservation Area

Did you know that The Pathfinder has its own school garden with a pond, newts and a growing array of wildflowers and educational opportunities?

After lots of hard work, the team have turned this into an even more exciting learning space. Children are already enjoying the area during lessons; our reception classes have been in the garden whilst exploring their topic question of 'Why do ladybirds have spots?' Our Pre-School children have been looking after some tadpoles that will be released into our pond this week and Lower Key Stage 2 will be using this space to create their own river systems over the coming weeks!



The wheels are also in motion for a reflection area, teaching space and archaeological zone. We are excited to see how this will serve to enhance the learning, curiosity and enjoyment for all of our children.





SCHOOL TOURS

TUESDAY 10TH AUGUST 2021
THURSDAY 26TH AUGUST 2021

TOURS AT 10AM, 11.30AM & 2.00PM

We are excited to welcome families of children looking to join The Pathfinder in September 2021 for a tour of our school.
These will be available in small groups on the dates and times above.

SCAN THE QR CODE TO BOOK YOUR TOUR [eventbrite](#)



Volunteers Needed

We are looking for community/parent volunteers to support the running of our library and/or hearing children read on a regular basis.

If you are interested in finding out more, please contact the school office, using the details below.



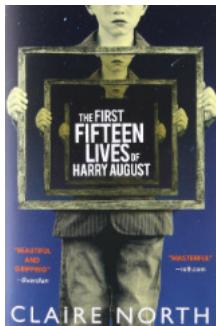
CONTACT US ON **01954 584801**
OR VIA EMAIL OFFICE@PATHFINDERSCHOOL.ORG.UK FOR SCHOOL ENQUIRIES OR
PRESCHOOL@PATHFINDERSCHOOL.ORG.UK FOR PRE-SCHOOL ENQUIRIES



Community Groups and Social Events

NORTHSTOWE Book CLUB

Kathy Fountain



What would you do differently if you had to live your life again, being born on the same date, in the same place, but with all the memories and experience gained from your previous life? Would you try to change history, prevent wars, make a fortune or keep a low profile? This is the premise of *The First Fifteen Lives of Harry August* by Claire North. The novel flits

between Harry's first fifteen lives, gradually building a picture of the problems this scenario creates. Should Harry make different decisions each time, marry the same woman, kill a serial murderer or keep well away? There are so many small changes that can have enormous consequences. And Harry is not the only one in this situation. Others may make less ethical decisions.

On his deathbed in his eleventh life Harry is visited by a young girl who warns him that the world is ending. Can Harry and others like him discover why this is happening and prevent it?

I found this book a bit slow to start with, Harry's various lives are confusing at first, but the novel soon builds up pace as Harry races to prevent disaster.

I enjoy this kind of time travel novel without feeling the need to ponder its paradoxes too deeply. The themes of the destructive power of pre-knowledge and how to make a difference without playing God are thought-provoking and made for an interesting discussion at book club.

Book Club meets once a month on Monday evenings. Look for our Facebook page and please feel free to comment on our book choices or recommend titles for us to read. New members welcome.

We will be reading:

The Trouble With Goats and Sheep by Joanna Cannon (July 5th)

Persuasion by Jane Austen (August 9th)

Born a Crime by Trevor Noah (September)

Just One Damned Thing After Another by Jodi Taylor (October)

The Midnight Library by Matt Haig (November)

BOOK REVIEW

Becca Edney



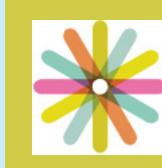
The Good Knight by Sarah Woodbury is a murder mystery set in 12th-century Wales in which Gwen, the daughter of a court bard, and Gareth, a knight with a chequered past, investigate the murder of an allied king. On the way, they also work through their own personal conflicts and a relationship that was suddenly interrupted some years before.

There was a lot I enjoyed about this book. It was a real page-turner once I got into it - it opens in medias res as if it were in the middle of the series rather than the first book, and the fact that so many characters' names began with G sometimes made things hard to follow - and I enjoyed the fact that Gareth and Gwen seemed to genuinely care about each other without Woodbury having to fall back on cliché romantic interactions. I'm not sure they even kissed once, but the intent was still very clear.

Unfortunately I can't talk about my favourite character in the book because it would spoil a major plot point!

There were some odd writing quirks that made the story hard to follow in some places, most notably Woodbury's habit of skipping forward in time and having characters exposit what happened in the gap. This isn't a big problem, but there were times where it was jarring. Mostly, however, this book was an enjoyable light read, squeaky clean except for some graphic murder descriptions. I recommend it for the older end of YA.

We are putting the bunting out and we are back!



Northstowe
Social
is back!

We've missed meeting you Northstowe – but now we're back and looking forward to seeing you at our free community events now that we have fewer restrictions.

Look out for updates on our Facebook page (<https://www.facebook.com/NorthstoweSocialCommittee>) or pioneers (<https://www.facebook.com/groups/1913081478944864>).

We are planning a free, family friendly afternoon on **31st July** – Watch out for more details on Social media or posters around Northstowe in July.

If you want to suggest any free events or want to get involved regularly or just occasionally, we'd love to hear from you at Northstowesocialcommittee@gmail.com

GAME OF THE MONTH

By Andrew and Sarah Collier

Splendor is a card collecting game set during the Renaissance. You are a rich merchant buying up raw gems and turning them into beautifully cut jewellery to impress the nobility. It's easy to pick up, and plays in about 40 minutes, with many interesting decisions along the way.

On each turn you can pick up some jewel tokens. When you've collected enough, you can buy a card from the table; your cards are like permanent tokens in that colour, so any future cards you buy are cheaper. As you build up your discounts, you can begin to afford the higher level cards worth prestige points – or you can impress the nobles with combinations of gems. Sometimes you can collect so many discounts that low-ranking cards end up being free. You can still only take one each turn, though, and you might be better off paying for a card which helps one of your strategies to actually score points...



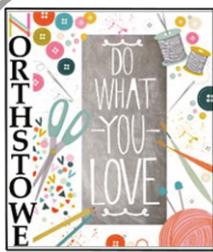
Naturally all the other players are trying to do the same, so you're racing to get the cards first. Often there'll be a card vital to you that an opponent can afford and you can't yet – you have one other option which is to take a card into your hand without paying; but you can only hold three, and you still need to take a turn later on to actually play it.



We like Splendor because it plays quickly and it's great for families, yet you have to keep on your toes to stay ahead of your opponents. Splendor was recently added to Board Game Arena where you can play online, which shares the nice artwork of the original but we also particularly like the physical version because the tokens are pleasingly tactile; they have a nice weight to them like good poker chips. They're very nice just to handle between turns and it's one of the big things we miss when playing only on screens.

If you enjoy the game you can also get an expansion which adds some new gameplay options, and there's also a variation themed around the Marvel universe, where the gems are components of the Infinity Gauntlet. There are some rules differences but it's essentially similar and some people may find that theme more appealing.

Will you become an obsessive collector of many gems, or find the cut to your final goal? Find out by playing Splendor at boardgamearena.com, or join us online on Tuesday evenings – for details search FaceBook for "Northstowe Gamers" or email northstowe.gamers@thecolliers.uk. Splendor is designed by Marc André and published by Space Cowboys.



Uniting Local Communities through the Love of Craft



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

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.

PLASTIC FREE COMMUNITY

Longstanton and Northstowe lead the way in Cambridgeshire as they are Awarded ‘Plastic Free Communities’ Status for taking action on single-use plastic.

Longstanton and Northstowe has joined a network of communities across the UK who are leading the way to tackle throw away plastic at source. In a Cambridgeshire first, the area has been awarded Plastic Free Community status by marine conservation charity, Surfers Against Sewage (SAS), in recognition of the work it has done to start reducing the impact of single-use plastic on the environment.

Local campaigner Chris Poultney started working on this in 2019 after visiting Cornwall on holiday and was inspired by all the actions that were being taken to remove single use plastic and make changes.

Registering with the SAS Plastic Free Communities movement, Chris pulled together key organisations and businesses in the local area to put in place a five-point plan. The objectives included setting up a community led steering group, instigating the SAS Plastic Free Schools education programme, getting local council commitment and working with local businesses, organisations and community groups to spread the word and minimise the amount of disposable plastics they use.

Chris said “I’m delighted how people have got involved and made a real difference in the local area. There is so much good work already happening to reduce single use plastic in Longstanton and Northstowe. It has been really inspiring to see people out litter picking, businesses and schools making changes, and new businesses starting to offer refill and other plastic free initiatives”

Libby White, the Clerk to Longstanton Parish Council said “The Parish Council is committed to supporting residents, local organisations and businesses to become plastic free. We could not have done this without Chris’ determination to get this initiative up and running so quickly. We all know what we need to do, just sometimes we need that extra incentive to get it done and have the support to know we are doing the right thing”.

Firouz Thompson, owner of Northstowe Foodies explained how easy it has been to convert the food trucks attending Northstowe to being single use plastic-free. Most truck owners have already started the process of eliminating single use plastic by replacing take away boxes, cutlery and napkins with recyclable/biodegradable options. Their main aim is to work with their suppliers to reduce the avoidable use of plastic within their supply chains. Firouz said “We are very proud to



have announced the first 5 nationally awarded SAS champions for food trucks, well done to The Cook’s Nest, Nanna Mexico, Pimp my Fish, Pizza Passione and The Wandering Yak for leading the way”.

Carole Moss, Headteacher of Northstowe Secondary School commented “We are very pleased that our community has come together on this very important issue that our young people feel very strongly about. This is the start of the journey as we continue to educate, encourage and involve ourselves in reducing and removing single use plastics as our community grows. We are proud of this achievement as it shows what can be done when we all work together.”

In December and February, members of a community sustainability group arranged for a pop-up refill station stall in the main Northstowe square to sell cleaning and personal hygiene products in containers customers brought from home. On both occasions there was a great turn out from residents from the local area and surroundings, helping save about 180 bottles. After such successful pilots, the organisers decided that the refill station should come back on a monthly basis.

Chris concludes: “Obtaining the Plastic Free Community status wasn’t easy, it was 18 months of hard work. In some ways it’s just the start as there is still plenty to do locally to work with schools, businesses and the community to remove single use plastic. The SAS award has given us a great base to work from and has helped to build a network of people that are keen to make a difference. There’s a lot of energy and ambition to take this further, keep connecting people and groups together, and keep moving it on. It’s an ongoing journey and of course the area isn’t completely plastic free. We’ll keep working on it!”

The Surfers Against Sewage Plastic Free Community network aims to free the places where we live from single-use plastic. Using the five point plan the aim is to empower communities to kick start local grassroots action, which can then be built upon.

The marine conservation charity, based in St Agnes in Cornwall, says it wants to unite communities to tackle avoidable plastic from the beach all the way back to the brands and businesses who create it. It says it is not about removing all plastic from our lives, but kicking our addiction to throwaway plastic and changing the system that produces it.

Rachel Yates, SAS Plastic Free Communities Project Manager, said: "It's great to see the work that Longstanton and Northstowe have done to reduce the availability of avoidable plastics, raise awareness and encourage people to refill and reuse.

"We have over six hundred communities across the UK working to reduce single use plastic and the impact it has on our environment. Every step those communities and the individuals in them take is a step towards tackling the problem at source, challenging our throwaway culture and encouraging the habit and system changes we need to see."

More information:

Chris Poultney, Community Lead, Plastic Free Longstanton and Northstowe
plasticfreeLandN@gmail.com

Plastic Free Longstanton and Northstowe:
<https://www.facebook.com/PlasticFreeLongstantonandNorthstowe>

Plastic Free Communities: www.plasticfree.org.uk
 Surfers Against Sewage: www.sas.org.uk

Plastic Free Communities is an ambitious community initiative designed to unite and empower individuals, small businesses, local government and community groups to reduce their collective plastic footprint and protect the environment together. Driven by inspirational local volunteers, we are building a new and exciting community movement tackling single-use plastics and plastic litter in our villages, towns, cities and rural locations. This highly inclusive initiative, created for all ages and backgrounds, is designed to get the whole community active and do something positive to reduce the amount of plastic in the local environment. We believe that united communities lead to cleaner beaches, streets, parks and riverbanks.

CAMBRIDGE SUSTAINABLE FOOD

Have you ever wondered if what you eat really has an effect on climate change?

Yes it does!

Cambridge Sustainable Food have teamed up with Sustain, Sustainable Food Places and South Cambridgeshire District council, to run a campaign across Cambridgeshire this Summer, promoting the reduction of CO₂ emissions by adopting a climate diet.

The world's food system is responsible for over one quarter of the planet-warming greenhouse gases that humans generate each year. That includes raising and harvesting all the plants, animals and animal products we eat, as well as processing, packaging and shipping that food all over the world.

If you eat food, you're part of this system.

What is a climate diet?

A Climate Diet will help to transform the global food system. Developed by the International Eat Lancet Commission, it aims to achieve healthy and sustainable diets for nearly 10 billion people by 2050.

The diet embraces plants as a source of protein, recommending at least 125 grams of beans, lentils, peas and other nuts or legumes per day, and a reduction in consumption of red meat/poultry/fish to an average of 70 grams per day.

A diet rich in plant-based foods and with fewer animal-source foods offers both improved health and environmental benefits.

What is happening?

We will challenge you to commit to eating a climate diet. You can take part for just 1 week or challenge yourself for a whole month! Don't worry if you don't know how, we will support you with meal-plans, recipes and tips!

Throughout the month-long campaign there will be various events to take part in, including talks and demos from local chefs and experts, film-screenings and other exciting activities!

How to take part...

Launching on Friday 16th July. Sign up to take part on our website from 1st July. We will keep our website updated with news of the campaign throughout July and August.

See what difference a climate diet can make to you and your planet.

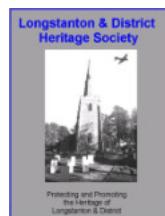
For more information please contact:
bea@cambridgesustainablefood.org

Cambridge sustainable food: <https://cambridgesustainablefood.org>
 Sustain: <https://www.sustainweb.org/>

NORTHSTOWE SUMMER GARDENS



LDHS MEMORY LANE



This photograph is from the LDHS Archives, via the Swann family. John Swann, a member of LDHS, is a descendent of Salmon Linton and Marian Swann who lived at The Manor, Longstanton. Salmon and Marian farmed Manor Farm / Inholms Farm from 1884 until their deaths in the early 1930's. The photograph on the right shows the Swann family with John's father as a young boy and his grandfather in WW1 military uniform.

The land associated with The Manor/ Manor Farm during the Swann's tenure went as far as the old railway line (now the Guided Busway). Inholms Farm was part of the land they owned and appears on a map of 1891, by that name. It lay outside the village, standing approximately where Northstowe's Secondary College is today. The Manor Farm paddocks are all that remains of Manor Farm itself and form part of the conservation area; which of course is now green separation between Longstanton and Northstowe. There will be improved public access to this area of land in the future but for now it continues to be grazed by cattle, a tradition that we hope will continue for generations to come as a reminder of our rural past.



- LANDSCAPING
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- INTERNAL RENOVATIONS

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PATHFINDER CHURCH

THE CHURCH
OF ENGLAND

Pathfinder Church, Northstowe



Your Church of England Church, with an inclusive ecumenical welcome

What's happening in the field?

This term, we've enjoyed gathering as Church in the Pathfinder School Field on Sunday afternoons. Open air gatherings allow us to join in with activities together, meeting together, meeting with God, and going out changed by those encounters. Recent highlights include #ThyKingdomCome prayer stations inspired by EngageWorship: the Disagreeing Well, Labyrinth, Tree-Ring Counting, and flags and a compass to get us talking about wind... and praying for peace around the world. Live music has been a great joy too!

After over a year primarily using letters, livestreams, and walks to encourage each other in our faith journeys, meeting in person has been a treat. Not everyone is comfortable gathering yet, so we're keeping our midweek broadcasts going as well as weekly "What Just Happened" Vlogs. Why not look us up on social media and see what those coming along have to say?

bit.ly/PathfinderChurchYouTube



Praying, exploring, and sharing whether apart or together

Alongside our sister churches, whether we meet online or in person, we are still here to walk with and listen to those of all traditions, supporting each other practically (e.g., litter picks, food banks, friendship) as well as prayerfully.

Find out more: www.northstowe.church

Revd Dr Beth Cope is the Pioneer Minister for Northstowe. She is available to talk through the Big Questions of life, as well as for Northstowe's weddings, baptisms, and funerals whether you are a churchgoer or not. Contact her at:

Church House, 6 Woodpecker Close, Northstowe (01954 261181) contact@northstowe.church



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EMMANUEL CHURCH NORTHSOWE

One of the many joys of life returning to normal (hopefully) is singing together. There is something about singing with others, the harmony of many voices, that moves us and lifts us wonderfully.

Whether it is the football crowd, the amateur choir, or the church service, we have missed singing together over the last year.

In church life, we've had to sing along to the online service alone at home during the past year. It's been better than nothing, but it is not the same as singing together. One of the songs I'm looking forward to singing together is a song we began using as church moved online in March 2020: "What is our hope (Christ Our Hope in Life and Death)" (<https://www.youtube.com/watch?v=0ibli1rz7mw>). In a world of uncertainty and loss, these words and uplifting tune have helped us have hope.

The song speaks of uncertainty in life: *Who holds our days within his hand? ... Who holds our faith when fears arise? Who stands above the stormy trial? Christ our hope in life and death.* And as we have faced the reality of death this year, the song points us to sure hope: *Unto the grave, what shall we sing? "Christ, he lives; Christ, he lives!"*

By the time this comes to print we hope we can be singing together in our regular Sunday morning service. We welcome anyone to join us- to connect to community, to sing together, and to look into Jesus, the one who has shown his love by dying for us, and his power by rising from the grave. You can find details of our activities on our website: emmanuelchurchnorthstowe.org

LONGSTANTON ALL SAINTS CHURCH

Work in Progress

I like to go for a walk, cycle or run most days. My route invariably takes me past All Saints Church Longstanton and/or along the edge of Northstowe. Both are a 'work in progress'. Northstowe is being built, All Saints Church is being restored. There is an old adage that says 'change is here to stay' and I am sure that the communities and buildings of Northstowe and Longstanton will continue to evolve in the years ahead. People will come and go. The size and number of schools, shops, offices and places of worship will not stay the same for ever. All our plans, hopes and dreams for them are 'work in progress'.

Paul writes: "I am confident of this, that the one who began a good work among you will bring it to completion." (Philippians 1:6). This was his prayer for a new church community in Philippi. Perhaps it resonates with some of our aspirations for Northstowe on the long journey of development, its twists and turns. One day, the construction work will be finished and the building sites transformed into a town.

We are delighted that the final phase of re-ordering work in All Saints' Church is underway and due for completion by mid-August 2021. During this period, the church building will open for Sunday worship, weddings and funerals. We thank you for your patience and understanding and ask you to take extra care if you are visiting All Saints in the coming months. These are exciting times as we look to the future and new possibilities for reaching out to the local community.

During July and August, we hope to continue to offer a combination of services in church and online. Services are held in All Saints Longstanton on the 2nd, 3rd, 4th and 5th Sundays of the month at 9.30am. Although this pattern is subject to change at short notice.

The 5folds ongoing audio services and talks are accessed via: <https://www.5folds.org.uk/page/online-services-and-resources>
Extra video resources can be accessed at: <https://5folds.online/YouTubevids>

*Rev'd Lucy Cleland, Team Vicar in the 5folds Group
Longstanton, Northstowe, Over, Swavesey and Willingham.
T: (01954) 277758 E: lucy@5folds.org.uk*



RSPB UPDATE FROM FEN DRAYTON LAKES



When looking out over Ferry Lake in the spring and summer, particularly from the picnic tables near the car park or from the northern view shelter overlooking Ferry Mere, you may notice some rafts floating out on the water. You can see these same constructions from the hide on Moore Lake. These are our tern rafts and are specially made artificial nesting platforms for common tern.



Tern raft on Ferry Lake - Henry Cook

Common tern are fantastic birds that spend the autumn and winter in Western Africa before coming up to breed in Europe. With their long, slender wings and long outer tail feathers they fly agilely over the lakes, earning them the nickname 'sea swallow', energetically turning and swooping up and down as they catch small fish from just below the surface.

Unlike their coastal nesting cousins, common tern can often be found on inland lakes in the breeding season. As ground nesters, terns do not build nests in trees. Instead, they lay their eggs directly on the ground or on a small pile of vegetation, usually favouring sandy or gravelly areas where their eggs and chicks are adapted to be well camouflaged.

Whilst we have several islands on Moore Lake and a single island on Ferry Lake that our terns nest on; these tend to be crowded with nesting black-headed gull that push the common tern to the edges. We therefore take out rafts and anchor them in the lake near the islands to provide some much-needed extra space for the terns, timing their deployment for after the gulls have begun nesting to limit the number that will attempt to use the rafts.

It doesn't take long for the terns to find the rafts once they are out and begin claiming nesting spots. When visiting the reserve, keep an eye out for birds flying overhead carrying fish to bring in to incubating partners or chicks on the rafts.



Common tern - David Tipling (rspb-images.com)

Email: fendraytonlakes@rspb.org.uk

Visit rspb.org.uk/fendraytonlakes

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

NORTHSTOWE NATURE NOTES

Hugh Venables

Very exciting wildlife news was the hatching of a brood of Avocet in Phase 2. Avocets are still rare breeding birds in Cambridgeshire, and more associated with carefully managed nature reserves than accidental construction floods. The area, which will be playing fields, also has Little Ringed



Plover, Lapwing and Greylag Goose broods, with more nests yet to hatch. The Phase 1 lake has a brood of Swans, several Coots nesting and Reed Warblers singing, with Mallard ducklings and young Moorhens on Kingfisher Pond.

A good range of migrating waders have passed through, with a flock of Sanderling and Turnstone heading for Greenland or Canada, and Greenshank, Wood Sandpiper and Whimbrel on route to Scandinavia. These brought the Northstowe bird list to 126 and drew in birdwatchers cycling along the busway from nearby villages and Cambridge.



The cold weather delayed dragonflies and damselflies emerging from the ponds and lakes but they will rapidly catch up. An impressive twenty species have been seen in Northstowe, so they are worth looking out for, especially when the Phase 1 lake (officially) opens.

The most impressive bird seen locally was a White-tailed Eagle that flew over Ouse Fen and Fen Drayton RSPB reserves on Easter Sunday. It is also great to have Nightingale breeding again at Fen Drayton after successful work by the wardens and volunteers to create suitable habitat. The 11 booming Bitterns at Ouse Fen now equals the whole UK population level when the project started, with a huge area of reedbed still to come.



COMMUNITY RESEARCH



Last year LDHS was approached for help by Roger Hetherington who was working on a research project of his own. On completing his research Roger kindly agreed to write a series of three articles for us to publish in our community magazines. Below is Roger's **third and final article** in this series - we hope you enjoy it.

The shapers of Longstanton - stories behind the stones.

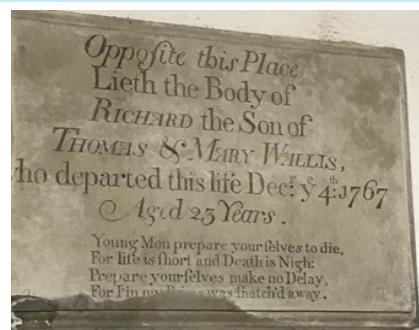
Wallis and Markham families -linked by marriage, position and tragedy?

On the wall up to the left as you enter All Saints' church is a memorial to William, the son of Cupiss and Mary Markham. He died at the young age of 26 and on the memorial is a verse suggesting that he had suffered either illness or injury for some time before he died.

On the other side of church, around the north door, are three more, similar, memorial tablets. Looking closely, you will see that they commemorate members of the Wallis family; Thomas and Mary on the stone to the left, their son, Richard, to the right and a stone commemorating their daughter, Mary Daintree, and their infant granddaughter above the north door.



All four of these memorials were placed in church between 1767 and 1782 and there is a verse on that of the daughter Mary and her daughter almost, but not exactly, identical to that on the memorial to William Markham. We see that Mary was only 29 years old when she died and her two-month old daughter (unnamed as was the practice for infant commemorations). Richard, we see died just 23 years old and there is a different verse with a salutary warning that young men cannot think themselves immune from death.



Is the similarity of verse between William Markham's and Mary Daintree née Wallis's memorials just a coincidence or is there more of a connection? Firstly, at the time, stone masons would have a 'catalogue' of memorial styles and selected verses for grieving families to choose from. So, it may be that the two families had similar taste for style and verse. But, on researching the burial and baptismal registers, another connection appears possible. Assuming Mary Markham had been born and baptised in the village, she would have had to have been the daughter of a William and Grace Wallis. Therefore, maybe, Mary Markham was either a cousin or niece of Thomas Wallis. Sadly, we can see another connection. Both families suffered tragedy. We might suppose that Mary Daintree (daughter of Thomas and Mary Wallis) and her infant daughter died as a result of complications in childbirth. Whether it was illness or accident that led to the untimely deaths of William Markham and Richard Wallis is not known.

What we do know from the research undertaken by the late Jane Lane, is that both families were, like the Priors featured in the previous issue, tenant farmers of the Hattons. Indeed, Thomas Wallis is recorded as being the principal tenant at this time. Like Edward Prior, they must have been relatively well-off and in good favour with the Hatton family in order to be able to place commemorative plaques within the church.

Roger Hetherington

LDHS note: Research online may provide an answer to the deaths listed by Roger. Thomas and Mary Wallis clearly lived to an old age whilst it is likely that Mary Daintree died following childbirth. However, the deaths of the two young men coincide with documented outbreaks of Influenza in both 1767 and 1782; according to Fraser-Courtman List of Famines & Pestilences in England. Whilst we cannot know for certain if a pandemic was the cause of their deaths, these graves illustrate the harsh reality of life before the availability of modern medicines and our NHS.

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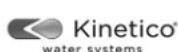
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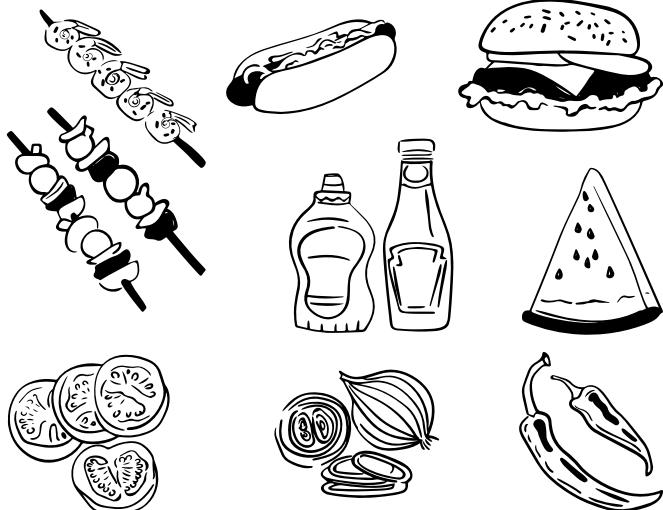
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COLOURING AND PUZZLES

Barbecue Word Search

Can you identify ten food items and find them in the grid?



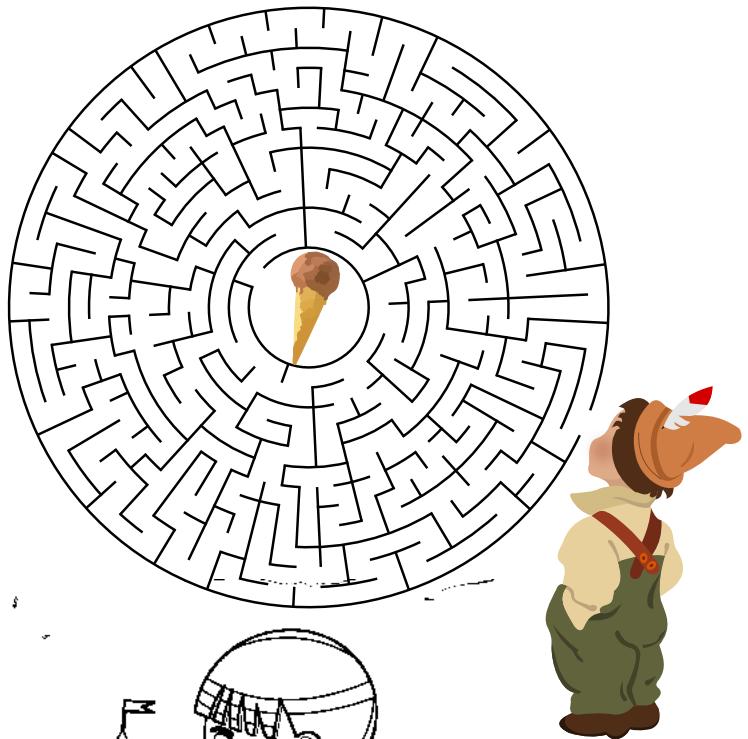
(The words are on page 20 if you need them!)

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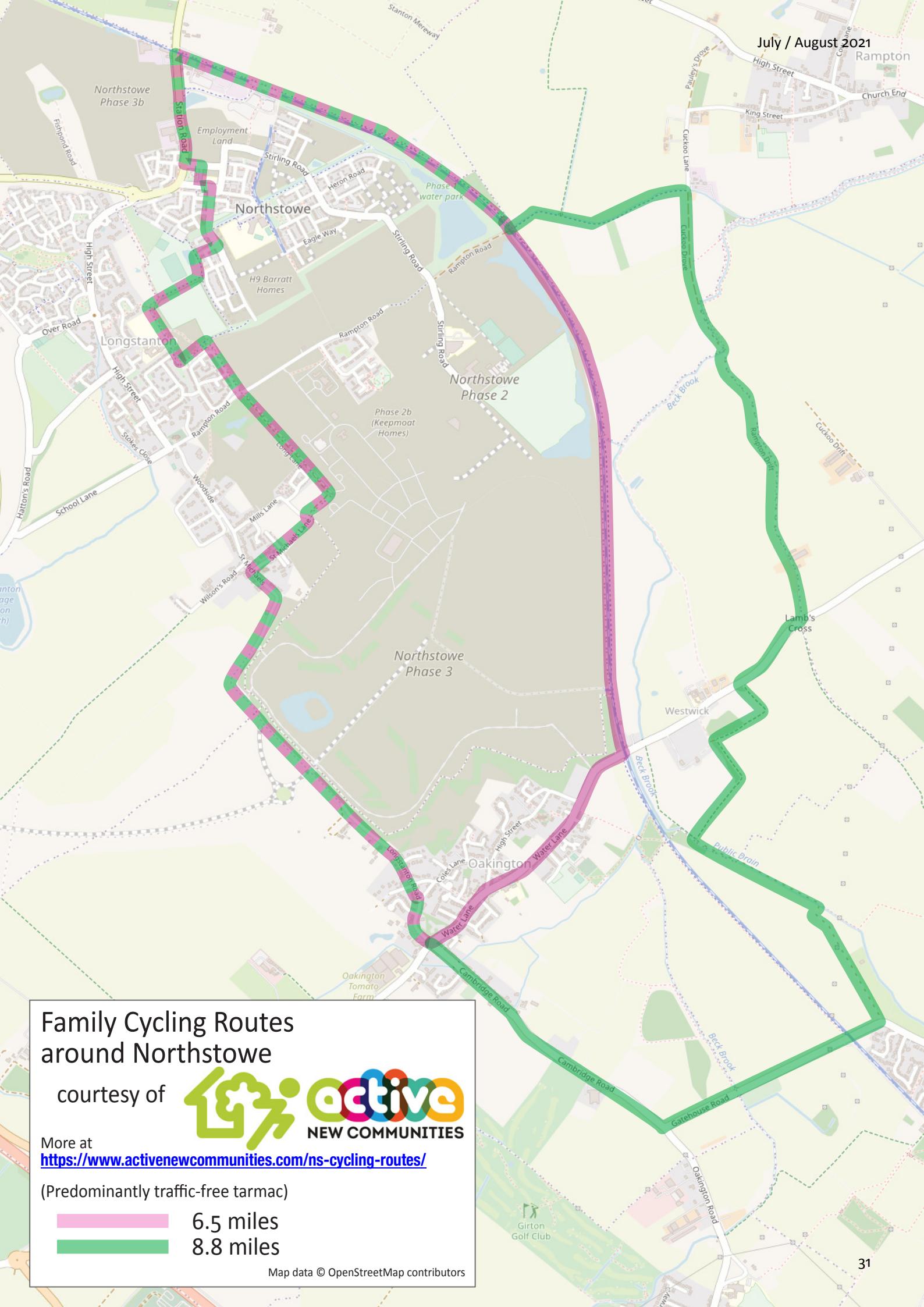
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