

Northstowe News

Issue 9

May/June 2020



A very quiet Northstowe

More writers needed!

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Northstowenews@gmail.com



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Beautiful flowers shared with Neighbours

Do YOU need help during the Coronavirus Outbreak?



Longstanton Parish Council has put in place an Emergency Operational Plan to help vulnerable residents* during the Coronavirus outbreak.

If you need urgent support while self-isolating during the Coronavirus outbreak for external tasks such as:

- Collection of prescriptions
- Collection of small items of shopping, etc.
- Telephone support

Please contact Libby at the parish office on
01954 782323 or by email:
clerk@longstanton-pc.gov.uk

NOTE:

Contact will only be made by the phone or email. We will **NOT** be knocking on the door asking if you need anything.

Latest information can be found on
www.longstanton-pc.gov.uk



Editors Welcome

#IloveNorthstowe We are living in very strange times as the Coronavirus lockdown continues but I have never been prouder to live in Northstowe. So many deeds of kindness have been seen in these difficult days. Neighbours are sharing food, offering to shop or pick up prescriptions for strangers. They are offering teaching expertise and resources and showing how kind and caring humanity can be. One neighbour anonymously left flowers on a park bench for people out walking to have. Colourful drawings brighten up the town in every window. The sheer amount of swapping of resources for kids and home schooling parents is fantastic to see. Everyone's jumping in with whatever they've got to help out. One neighbour commented "We have 5 sets of neighbours on our street who all take different times to go to the shops. They always ask everyone else if they need anything, which is extremely good as my husband and I are self isolating and not going out to public area at all (except for a short walk). I've also seen someone put books out for someone to take, and rainbows in windows in the Linden area".



At the latest digital Northstowe forum Libby from the Parish council discussed the Parish council's plans for helping vulnerable people self isolating collect prescriptions and food. Details are on the inside cover. The Parish council had an amazing 111 volunteers to help and as of April 1st had helped 26 vulnerable people in just 10 days. If you are self isolating and struggling please contact the Parish Council. They are very keen to help and have funding to make this possible.

There are concerns with people ignoring self isolation rules and gathering for houseparties or to play in the parks. This is very dangerous. Most people with COVID don't have symptoms and easily spread it to others who may contract a more severe version which can be fatal in even the young and fit. If you see people gathering please let our District councillors know.

The Cambridge Autonomous Metro was also discussed at the digital forum as this will use the guided busway and therefore go through Northstowe improving connections with Huntingdon and Cambridge including Cambridge North train station and the proposed Cambridge South station at the Biomedical campus. Public consultation has now finished and the city tunnel sections are likely to be finalised by late 2020. It is likely to cost about £3.5-4 billion to set up.

In Northstowe all builders have stopped working whilst COVID restrictions are in place. The exception is SISK who can work more than 2m apart in fields. The Community wing will be shut until the government agree it is safe to reduce public gathering restrictions. Anyone who has made a booking should have received their refund. Welcome packs are not being delivered but if you are new to Northstowe please email jon.london@scambs.gov.uk or contact the Northstowe community Facebook page and you will be sent digital copies.

Parish council

Chairman's Update

I was going to open with something about how it's been nice to see the sunshine, and the early signs of spring starting to appear, but as you cannot have escaped noticing, we are in the midst of one of the strangest times I'm sure most of us will experience in our lifetime.

COVID-19 is now one of mankind's biggest challenges, and as it is affecting all of us in very similar ways, I wanted to say thank you for doing your bit. It is not easy to adopt the changes to our lifestyles that the spread of the virus is demanding, but, easy or not, we must do these things to ensure life can return to normal at some point, hopefully sooner rather than later.

Longstanton Parish Council has been working with South Cambridgeshire District Council and other divisions of local government to help support the local initiatives around supporting our elderly and vulnerable residents whom have been more severely impacted by the self-isolation measures.

To that end, and in the spirit of community, spare a thought for your neighbours whom might be forced to self-isolate for a much longer period, and may need additional support.

I'm pleased to say that we reacted early to this, and via the Parish Council we have an excellent network of supporters and helpers across Longstanton and Northstowe, all willing and able to help lend a hand, be it collecting a prescription, picking up a few groceries or with something else.

If you, or someone else needs help, please contact Libby White our Parish Clerk either by phone (01954 782323) or email (clerk@longstanton-pc.gov.uk) and we will connect you with someone that can help. I'm pleased to say this has been working very well through the first 2 weeks of the lockdown, and I am confident it will continue to do so. I must say a big "thank you" to everyone that has contributed their time and is lending a hand while we navigate these interesting times.

Community Events

It is with regret that we've had to cancel some events through to the end of May due to the situation with the virus. Situation permitting, we might try to re-schedule some of them for the later part of summer, but we will have to monitor the situation and adjust accordingly.

The Kingfisher Pond and Water Levels in the Village

Those of you that have been following the long-running investigation of the water levels in the village ponds, especially the Kingfisher Pond, you will be pleased to know that we were joined by the new CEO of SCDC at the March Parish Council meeting. Liz Watts confirmed the commitment to a full and impartial investigation by specialists to determine whether the works to build Northstowe have caused the massive drop in water levels that we have experienced. I will update more on this as the analysis and investigation proceeds.

Until the next update, please stay safe and well, and if your Parish Council can help you in any way, feel free to contact us.

Thanks

Dan delaMare-Lyon

Chairman, Longstanton Parish Council

District council

We realise that we are all living through extraordinary and challenging times and we hope that you have all been staying well and safe. We have been so impressed to see the resilience shown by residents and the way the community has been pulling together to support each other during this coronavirus crisis.

Locally, support for our most vulnerable residents is being coordinated by the Parish Council, with support from the District and County Councils. If you would like to volunteer to help or if you need any support you can contact the Parish Council via email clerk@longstanton-pc.gov.uk or on 01954 782323.

You can find up to date information and details of the support being provided to residents and community groups via the South Cambs District Council (SCDC) website <https://www.scambs.gov.uk/coronavirus/>

This page includes links to information on support for businesses and the self-employed.

You can also find regular updates of how other Council services are being impacted by coronavirus. Many of you will already be aware that they have had to temporarily suspended green bin collections. Unfortunately, the waste team has been struggling with staff sickness and team members having to self-isolate and they have made the decision so they can prioritise black and blue bin collections.

The Community Governance Review for Longstanton, Oakington and Northstowe (CGR)

The public engagement events that were planned as part of the second stage of the CGR review have had to be cancelled. SCDC are currently taking advice on how the timetable for this can be amended to allow effective consultation with the community.

You can still view the proposed options and maps and submit comments on these via <http://bit.ly/NorthstoweABC>

The three proposed options are:

Option A - All phases of Northstowe create a new parish. Oakington & Westwick remains its own parish with boundaries to include the green separation land with Northstowe. Longstanton Parish would remain the same up to the roundabout separating Station Road and the B1050 towards Willingham. Land north of the Guided Busway will go to Willingham Parish.

Option B - As above but land north of the Guided Busway to go to Northstowe.

Option C - Only Northstowe phases east of the B1050 would go to create a Northstowe Parish. Longstanton Parish would retain all land to the west of the B1050 which would include Northstowe Phase 3b and Bloor homes.

As District Councillors we do not support option C, as this could eventually add over 2000 Northstowe residents to Longstanton Parish. However, as this was a preference given by a number of residents, we are keen for this to be included in the next round of consultation so that Northstowe residents, particularly those in the Bloor homes, can express their views on this option - we know that in the first phase of consultation they expressed a strong preference to be part of any newly created Northstowe Parish.

Please do get in touch if we can help in any way. Take care and stay well.

Sarah Cheung Johnson: cllr.cheungjohnson@scambs.gov.uk 01954 489089

Alex Malyon: cllr.malyon@scambs.gov.uk 01954 202859

Alex Malyon and Sarah Cheung Johnson

District Councillors for Longstanton, Oakington and Northstowe

County council

High tech investment boosts Council's bid to protect frontline services

Cambridgeshire County Council continues to protect the future of its frontline services through an ambitious move into the high tech office accommodation market – with the announcement today that it has bought the Evolution Business Park in South Cambridgeshire. Members have agreed to invest £28m in the freehold of the site off Milton Road, Impington which is currently home to a number of successful hi tech firms including Intelligent Fingerprinting.

And with an annual return on a £28m investment of 5.7% the deal generates would generate an income equivalent to that the council currently spends to support 22 adults with a learning disability year or fund 38 nursing home placement for older people a year or fill 34,000 potholes.

The high-spec office accommodation on the edge of Cambridge was developed to meet the growing demand for space in the ever expanding City, it is also home to national energy provider SSE. The opportunity to buy the Evolution Business Park allows the County Council to diversify its portfolio into a sector and geographical area which is quite different to its other recent purchases. The County Council supports and welcomes the development of high tech businesses such as those represented on its new Business Park, which bring prosperity to our county and high value jobs for our residents. Evolution Business Park, joins a number of previous purchases in the council's property portfolio made over the past eighteen months which include Brunswick House – purpose built student accommodation for local University students, Cromwell Leisure Park in Wisbech comprising a cinema and three retail units, the Cheddar's Lane Tesco site, off Newmarket Road in Cambridge, and the ten acre Kingsbridge Centre industrial estate in Peterborough.

County Council Budget

The County Council has set a balanced budget with an increase of 1.59% on Basic Council Tax. The 2% ring fenced Adult Social Care is the same as every year, until the government comes up with a new funding solution.....

The budget includes:

£16 million into a new capital environmental pot to invest the total decarbonisation of the council by 2025

£8.5 million extra per year to children's services as part of the best start in life strategy.

£800,000 per year extra into social care

£200,000 per year extra into the Local Highway Initiative scheme, bringing the total spend up to £882,000 this year

£6.336 million extra towards highways this year, plus extra £4million in 21/22, extra £5million in 22/34 and extra £6million in 23/24

£5 million fund to support delivery of community capital projects available to Parish Councils.

Over £10 million has been generated per year from commercial activity that can go straight into providing services.

Relocation of HQ and putting County Council officers into the communities they work for, will generate over £40 million over the next few years.

Over 7000 tons of carbon reduction measures have already been delivered and further work on schemes will increase this to 16,000 tons within 2-3 years.

Smoking rates in the county are down, teenage pregnancies are down and our childhood obesity rates are among the best nationally. Still more to do though.

Top 15 for adult social care



Cambridgeshire County Council is in the top 15 strongest performing councils in adult social care, highlighted in IMPOWER's latest productivity INDEX, it involves greater levels of independence and control, so that people can live more fulfilled lives and remain in their homes and communities for longer. The highest performing councils have all been able to achieve greater than average outcomes from a less than average spend per head. This means that users of social care in their local areas are getting better outcomes at the same time as the council is making best use of public funds

COVID-19 – latest national advice and guidance

Developments regarding COVID-19 are continuing to be carefully monitored by Public Health England (PHE) with the Director for Public Health across Cambridgeshire and Peterborough involved in local planning. The County Council launched a #COVID-19 coordination hub to provide targeted support for those most at risk and Parcels of food and emergency supplies for the most vulnerable in our communities who are shielding from the Coronavirus are being delivered to residents across the county from our Coordination Hub. The co-ordination hub also works directly with the District and Parish Hubs. Our Parish Clerk is organising our parish hub and volunteers who are all doing a fantastic job. Cambridgeshire County Council have been working with the British Red Cross to ensure that those residents who need food, medicine and emergency supplies are supported.

Local heritage centre moves a step closer

A planning application for a facility which will showcase heritage and archaeology at Longstanton and Northstowe, has been submitted. The project is a partnership between Highways England, Homes England and Cambridgeshire County Council, with support from the Longstanton & District Heritage Society. This new building could be an opportunity for people to celebrate their heritage in a way that also brings a unique facility to Longstanton and the new community at Northstowe and an educational resource for Cambridgeshire. The plan is to not only showcase the amazing exhibits discovered, but tell the story of archaeology and the crucial role played by RAF Oakington as an operational military base. The plan is for the County Council to run the building which sits on Homes England land with initial funding coming from the A14 Legacy Fund. I attended a meeting of the County Councils Commercial and

investment committee and spoke forcefully at length to ensure that both the names of Longstanton and Northstowe would be included within the name of the facility. This has been agreed.

Peter Hudson

County Councillor

Longstanton, Northstowe, Oakington, Westwick, and Over

LDHS update

LDHS membership renewals are due on 1 April 2020. This is the perfect time to join the heritage society and help us with our work to protect and promote the shared heritage of Longstanton, Northstowe and RAF Oakington/Oakington Barracks. You can download a membership form from our website at www.ldhs.org or you can request one by emailing, ldhssec@hotmail.co.uk. Alternatively, ring 01954 782560 and leave your name and address and our Secretary will ensure that you are sent a form.



Image: Longstanton/Northstowe Heritage Annex - copyright Proctor and Matthews

Heritage Annex Update:

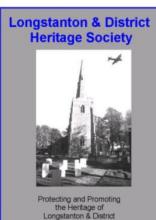
LDHS is pleased to announce that a planning application for a heritage facility has recently been submitted to SCDC. This heritage annex is an additional extra for the communities and reflects a partnership between Cambridge County Council (CCC), Homes England and Highways England. The heritage annex will be managed by CCC and will include some items of the LDHS archives on loan or under licence. We have made clear that our support of this heritage facility is reliant on 'support' being a two way process with CCC and the heritage annex staff supporting LDHS and our long term objectives. It has been made clear to us that this heritage facility is only a first step towards heritage provision for Northstowe, Longstanton and the surrounding communities and this building does not fulfill the legally binding Section 106 commitment made by Homes England for the display and storage of LDHS archives. This facility will not provide storage for the heritage society archives and the store and office will remain in its current location until the Section 106 provision is in place. Please rest assured LDHS will continue to work with CCC and Homes England to ensure that the Section 106 commitment is met in full.

CCC, Highways England, LDHS and others are currently working on developing the content for this building and it is hoped that the annex will be open to the public before the end of this year. LDHS has worked tirelessly for over a decade to try and obtain a heritage facility for Longstanton, Oakington and Northstowe and we are delighted that this first step has been accomplished. There is more to do if we are to obtain the final facility promised by the Homes England S106 commitment so please join the society and help us with this exciting project.

Please can Northstowe residents take photos of their life and Northstowe during the lockdown and send them over to the LDHS FB page. Short films are welcome too. Can we work together to try and archive this time - this is a historic moment and a historic if rather traumatic event to be going through during the birth of a new town. The crisis of 2008 changed Northstowe irrevocably - this crisis may do the same in ways we have yet to understand. Photos from self-isolation would be good too.

Hilary Stroude (Secretary)

LDHS NEWS - NORTHSTOWE - May/June 2020



On March 23, Prime Minister Boris Johnson delivered a televised address to the nation regarding the coronavirus pandemic currently sweeping across the globe. The Prime Minister effectively announced a lockdown of the United Kingdom for at least three weeks. Unless they are considered to be key workers (such as NHS workers, care workers, delivery drivers, police etc) people have been asked

to **STAY AT HOME AND SAVE LIVES!** We are allowed to go out only to buy necessities, get essential medical provisions, to help the vulnerable, or to exercise once-daily. Volunteers have been called up to support the NHS and local communities and by March 25 over 650,000 volunteers had signed up across England. Our Parish Council and local communities have been fantastic with volunteers working locally to help the vulnerable.

We live in unprecedented times, the likes of which have not seen since the Spanish Flu pandemic of 100 years ago. Even during World War II, restrictions on public liberty and socialising did not take place. People could still go out to dances, restaurants and the cinema because it was felt that community activities were vital for morale and well-being. At the time of writing (27 March), local pubs, bars, restaurants, cinemas, theatres and non-essential shops are closed and gatherings of more than two people are banned.

Why is this relevant to an article about Victory in Europe Day (VE Day) and the celebrations that we should have been having to mark the occasion? May 8 2020, will mark the 75th anniversary of VE Day. The Government had announced that Friday 8 May would be a bank holiday and events were being planned across the country. Here in Longstanton and Northstowe, Longstanton & District Heritage Society (LDHS) had teamed up with the Parish Council and Homes England and, with the support of the Northstowe Community Development Officer, had begun to plan an event to be held on the evening of Thursday 7 May. This event was to be held at Northstowe House on the former site of RAF Oakington, 75 years to the day that German surrender signaled the end of war in Europe. An evening of music and the display of historical images from the LDHS archives would have been a fitting tribute to the village and all those who served at RAF Oakington during that national emergency so many years ago.

How things have changed in just a few weeks! Our current situation has, in a strange way, brought the trials of World War II and its impact on this village closer to the public consciousness. We can better relate to the difficulty of obtaining food and provisions in shops; of obeying strict government restrictions and of fearing something over which we have no control, in this case the 'invisible enemy' that is coronavirus.



VE Day 7 May 1945

VE Day commemorates the unconditional surrender of Nazi Germany to the Allied forces in 1945, ending World War II in Europe. With Adolf Hitler dead, German military leaders signed surrender documents at several locations in Europe on May 7. VE Day marked a major milestone for the Allies but did not end the war, as conflict in the Pacific against Imperial Japan continued.

In London, the British Prime Minister, Winston Churchill, learned of the German surrender at 7am on May 7, but waited until 7.40pm that evening to make the news public. The official announcement said simply: "In accordance with arrangements between the three great powers, tomorrow, Tuesday (May 8), will be treated as Victory in Europe Day and will be regarded as a holiday." Tens of thousands rushed into the streets of London and continued celebrating until heavy rains arrived around midnight. The following day - the first VE Day - celebrations continued as best they could with rationing still in place. The Board of Trade eased the rationing of cloth just a smidgen: "Until the end of May you may buy cotton bunting without coupons, as long as it is red, white or blue, and does not cost more than one shilling and three pence (6.25p) a square yard."

Longstanton resident John Fletcher says he does not remember any celebrations in the village like those seen in London. "The village was too poor" he remarks. With rationing, war weariness and five years of enforced discretion, due to the proximity of RAF Oakington, it appears villagers took news of the surrender in the calm manner with which they had responded to the declaration of war so many years before. As for John: "I probably just went to the Black Bull that evening and celebrated with an extra pint".

What we can learn from VE Day 1945 is that this current period of national crisis will eventually come to an end, as it did then. All we can do while we await that day is to safeguard ourselves, our neighbours and the key workers who live amongst us by adhering to the current government restrictions. We can celebrate our own victory day when this is all over. In 1945, VE Day would have been a celebration of mixed emotions: relief that the war was over, but sadness also for the lives lost. Our day of victory against coronavirus will be the same when it comes—and it will come. When it does, we must celebrate and give thanks just as the country, RAF Oakington and local residents did all those years ago.

Now, as in World War II, the lives of a nation really are in the hands of a few.

Stay safe and stay home!



The Black Bull pub, a popular place for local residents and RAF Oakington personnel during WWII

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 **01954 782560** or e-mail ldhssec@hotmail.co.uk



Land of Festivals – INDIA

April - June

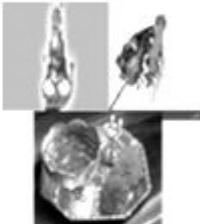


Easter

- Significance: Resurrection of Lord Jesus
- Key attractions: Folk songs and dance, Easter eggs, cakes, chocolates, street decorations

Ugadi/ Gudi Padwa/ Yugadi/ Cheti Chand

- Significance: Spring-time festival that marks the traditional new year for Telugus, Marathis, Kanadigas, and Sindhis.
- Key attractions: Arranging Gudi at home; Ugadi Pachadi (with various ingredients that determine how the coming year will be), mango leaves, floral designs



Baisakhi

- Significance: Welcoming the harvest season
- Key attractions: Folk dance like Bhangra and Giddha, Punjabi feasts, decorations in houses and Gurudwaras



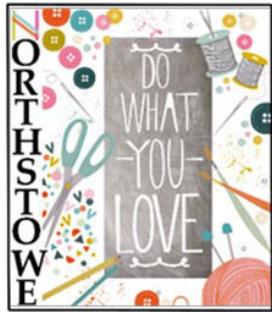
Bohag Bihu

- Significance: It's the traditional new year celebration of Assamese.
- Key attractions: The Bihu dance and the local cuisine – coconut ladoo, til pitha, ghila pitha, and fish pitika



Eid-Ul-Fitr/ Ramzan

- Significance: It celebrates the conclusion of the holy month of fasting called Ramadan.
- Key attractions: The beautifully decked up markets and mosques, the morning Eid namaz at the mosques, and the sweet dishes.



Uniting Local Communities through the *Love of Craft*

India, one of the most diverse, republic, secular and democratic country in the South Asian continent, is known widely as a “land of festivals”. We celebrate festivals from different religions, faiths and customs. Indians give special importance to their festivals as they are known for its varied culture heritage, faith in each other’s beliefs, mutual harmony among the people and their love for nation.

Indians love to celebrate even the less significant ones with great enthusiasm, faith and belief. Every religion has its own festivals and customs. We have festivals almost every month and each one of these is celebrated with great spirit and pomp. The entire atmosphere is filled with joy during the festive season. Special arrangements are made for the celebration of various festivals each year. Be it the villages or the big cities, there is joy all-around.

People of India also hold great regard for the National festivals of the country. Gandhi Jayanti, Independence Day and Republic Day are the three main national festivals of our country. These festivals are a symbol of unity and progress. They remind us of our patriotic leaders who served the country selflessly. National festivals are celebrated with equal zeal. The entire atmosphere is filled with the feeling of patriotism and pride for the nation during these festivals.

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. 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/>

Northstowe Book Club

Kathy Fountain

We are still running book club (albeit remotely) during the lockdown period and it may be that some of you would enjoy reading with us. Our April choice is Eowyn Ivey's *The Snow Child*, a fairy tale for adults set on a remote homestead in 1920s Alaska. Northstowe Book Club now has its own Facebook page to post comments on the books we are reading. In May we will be reading *The Guernsey Literary and Potato Peel Pie Society* followed by *Wild: a Journey from Lost to Found* in June.

Reading is also something children can be doing during this elongated school break. Books, particularly novels, can lift the spirits and help alleviate anxiety. Many authors are offering free readings of their books online at the moment, so do try your favourite authors' websites and see what is available. Some I've looked at include www.oliverjeffers.com for picture books, www.worldofdavidwalliams.com and Neil Gaiman's www.mousecircus.com for older children. There is also a selection on www.storylineonline.net and www.stories.audible.com is worth trying while libraries are closed.

Books I would recommend for lifting the spirits include:

An Island of Our Own by Sally Nicholls – a family story with a mystery element for Jacqueline Wilson fans, Year 6 and above.

The Day I was Erased by Lisa Thompson – a troublesome boy with a soft side is accidentally erased from life while looking through his neighbour's cabinet of curiosities. For Years 5 – 8.

Truly, Madly, Deeply by Jenny McLachlan – Annie, a girl with cerebral palsy, who has just started college and is definitely not looking for romance meets Fab, an energetic Polish guy who definitely is. Fans of Holly Bourne books will find this very funny.

The Gifted, the Talented and Me by William Sutcliffe – the hilarious story of 15 year old Sam, uprooted from his school and sent to a north London academy for the gifted and talented. This is reminiscent of Adrian Mole books, but for modern teenagers, Year 9 and above.

The Donut Diaries by Anthony McGowan – Dermot, an 11 year old with weight problems is sent to see a

nutritionist who looks like a dementor from Harry Potter. A funny and insightful novel for Wimpy Kids fans.

Now is the Time for Running by Michael Williams – Deo is playing football when the soldiers arrive to destroy his village. He escapes with his disabled brother to search for the father they believe is in South Africa. A story of bravery amidst adversity, full of sadness, humour, hope and lots of football. For Michael Morpurgo fans.



Book review

Becca Edney

Golden Buddha by Clive Cussler is an adventure novel following the exploits of the mercenary ship Oregon, which travels the world disguised as a rusty old cargo ship but is actually a high-tech base for a skilled paramilitary group led by Captain Juan Cabrillo.

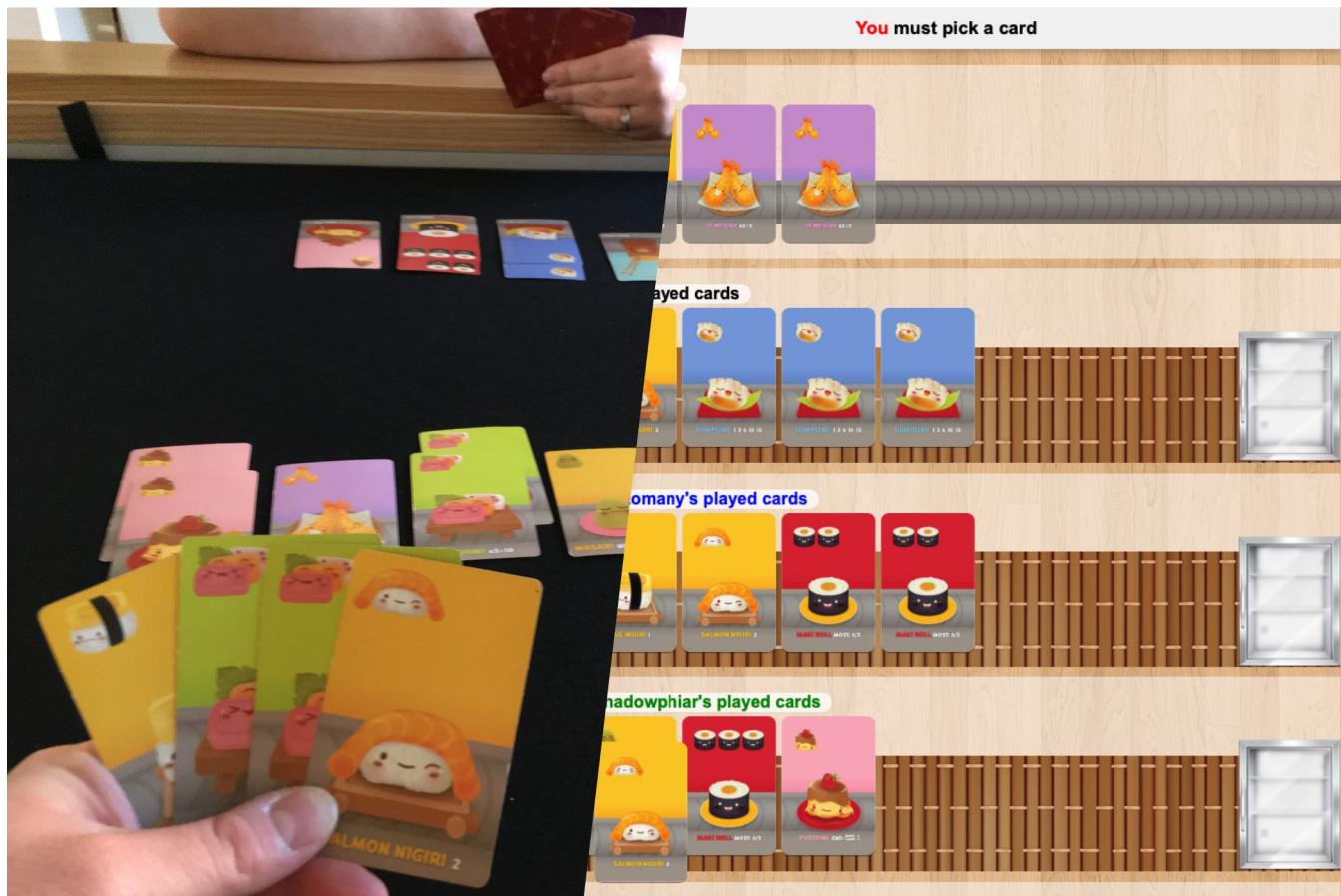
In *Golden Buddha*, the crew of the Oregon is hired to help return the Dalai Llama to Tibet, but the story mostly takes the form of a complex heist involving both the titular Golden Buddha, which they have to steal from an American software tycoon, and a forgery sold in its place to a Macau billionaire. The result is complicated, lively, and occasionally hard to follow, but the ensemble cast is fun and the action setpieces are exciting.

It's certainly not high literature and sometimes the subtext of American exceptionalism is a little hard to take, but it's a great popcorn read and I'd recommend it for adults who enjoy action-adventure.

Game of the Month

Andrew and Sarah Collier

Our board game evenings have changed a bit recently. No longer able to sit around a table in person, instead we've been meeting our friends virtually using video conferencing and Board Game Arena, a free website featuring over 170 games that you can play against other people around the world. This month we're reviewing Sushi Go - a fun card game that is also one of the latest additions to the BGA library.



Sushi Go is a lovely, simple, card-drafting game. You pick a card from your hand, place it face down on the table and pass all the other cards on to the player on your left. Everyone then reveals the card they chose, and you all repeat the process. When your hand is empty you count up the points from your played cards, and the winner is whoever has the highest total after three rounds. It's simple, but which card should you choose to play? Each different kind of sushi has different scoring:

You have Nigiri that scores points depending on its ingredients, and is doubled if you played Wasabi first. Then there are Sashimi and Tempura where you have to get a complete set – don't collect enough and you get nothing. Dumplings get more valuable the more you have, and Maki Rolls only score for the person who got the most of them. Lastly there are puddings, these are scored at the end of the game but you'll want to be collecting them all the way through. If you've got most, then Yay! Points! But if you have the least then you actually lose points.

It's an easy game to play, but we like the way you need to keep on your toes to score well. The trick is to watch what everyone else is collecting and then do something different, although if you're not careful you'll sometimes end up with no choice but to play a card that is no use to you. Also, the art work is utterly adorable, with their cute little smiles the sushi look like they are having so much fun hanging out together.

Are you going to play rice or do you need to watch your tempura? Play Sushi Go or other games with us online—whether you've played lots of these games before, or you'd just like to try out something new, you'll be very welcome to join us on Tuesday evenings from 19:30. Search for our "Northstowe Gamers" page on Facebook or email northstowe.gamers@thecolliers.uk to get details of how to join in.



Northstowe Secondary College

Newsletter – Northstowe Secondary

College Spring 2020

Written prior to COVID outbreak

It has been another fun filled few weeks, with the students now over half way through their first year at NSC. We have continued to pursue our value of kindness with continued involvement in charity events. One of our students Max, wanted to raise awareness of Myotonic Dystrophy, by supporting the National 'Go Orange Day'. He led an assembly with 3 friends to talk to the students about the condition and why the day was so very important to him. Our students all came to school in bright colours for a donation and brought cakes in aid of the charity. We raised £126.50!

We were also in receipt of kindness from our local community and are hugely grateful to our parents and the members of the Longstanton church who helped us raise a marvellous £160 for our school library. Our parents came out in force with their bakes and it was very well attended, we are so grateful to the church for allowing us the opportunity.



Our curiosity has been pursued in many ways, with our young dancers performing at Energise on the 6th February amongst lots of other local dance groups. They did very well and made us so proud. We also had a group of our students who were visited by the Director of Archives at Churchill College, Cambridge University. He set them the difficult task of looking at archive material and deciding what made a good leader. This culminated in presentations to parents and visitors. Our students were amazing, wise beyond their years and very brave to present to the 30 assembled guests. Additionally, our visitor from Girton College who was working with students on their dreams and ambitions, was really impressed with the knowledge our students had about future pathways and careers.

We are focusing on what hard work means in this half term's assemblies, looking particularly at whether struggle can teach us anything. One of our students Evie has demonstrated this clearly by running in the County Cross Country, she has now qualified

for the national finals! Two of our students, Max and Nathan also competed locally in an adapted multi-sport competition and have been chosen to represent South Cambs. We also had a huge student response to our Shakespeare competition and our French Spelling Bee, yet again showing their enthusiasm to get involved with learning in and outside of the classroom.

Another key priority for us is looking after the well-being of our young people and this half term has seen us begin our journey to achieve the Carnegie Mental Health Award, promote a menu of support choices for our students, to help with any issues around mental health and saw our youth counsellor start work in school for a few hours a week. Our 'How to Thrive' programme is core to our offering and students have been applying the skills they have learnt in resilience and mindfulness. In the hope that we create a culture of well-being and support for our NSC family.



Northstowe Secondary College are enjoying some new books in their growing library thanks to some famous authors who have kindly donated books on World Book Day, 5 March 2020.

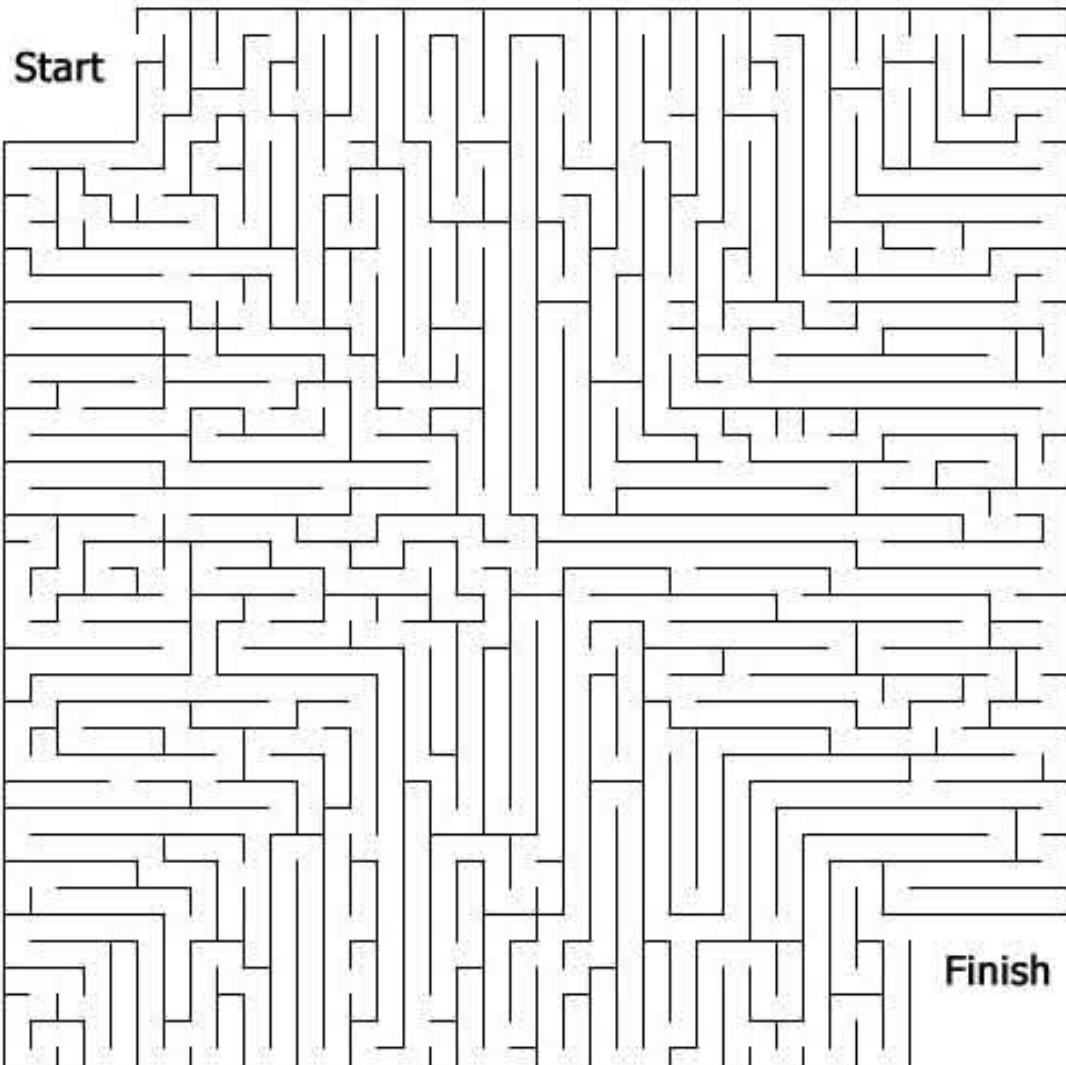


Best selling children's author and entertainer David Walliams has already donated two signed copies of his books for the school's growing library. Other famous authors who are donating books include Cambridge Alumni, Stephen Fry, with many others sending in books over the next few weeks and online retailer Scholastic also providing a bulging box of free books. The books have been enabled through working with housing developer Urban Splash's Charitable Trust.

Tony Colville, Head of Urban Splash's Charitable Trust says: "We are pleased to have been able to help the school with some exciting new additions to their growing library by calling on our friends to help and look forward to continuing to be a friendly neighbour at Northstowe."

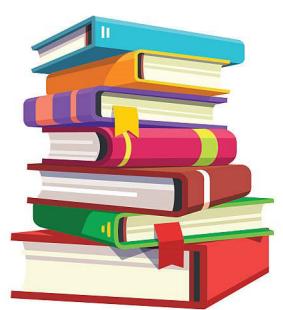
House by Urban Splash is building 406 innovative, factory-built homes at Inholm, Northstowe, next to the town centre and Northstowe Secondary College. Inholm at Northstowe is one of the company's newest communities and it is working closely with the school, residents groups and charities across the community to take a different approach in using their networks, expertise and funds to ensure they are an active good neighbour and partner.

Start



Can you find your way through the maze?

Finish





In the past few months FOPS has put on many exciting events and as a result has raised funds that will go towards providing outdoor shade for the Pupils of Pathfinder School.

Unfortunately, due to the current health situation regarding Coronavirus, FOPS has made the decision to postpone future events. However, we remain hopeful that the Summer Fayre may still go ahead as planned which is currently set for 20th June 12pm-15pm at Pathfinder Primary School.

In the meantime, there are still many ways that you can support FOPS. FOPS is part of the Co-op Local Community Fund. If you shop in the Co-op and have a reward card you can choose FOPS as your cause to support, then every time you shop a small percentage goes to us.

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

There is also Easyfundraising. It's easy to use and the free donations you can raise make such a BIG difference. Simply sign up, choose Friends of Pathfinder School- Cambridge as the cause to benefit and then download the app. Then every time you shop at certain retailers FOPS will receive a small percentage.

<https://www.easyfundraising.org.uk/>

Thank you for your ongoing support,

FOPS

How to make a nest box

What you need:

- rough cut timber
- some old rubber or a hinge
- 20mm nails
- tools:

1500mm
150mm
200mm 250mm 120mm 460mm 200mm 220mm +
side side base back front roof
250mm 200mm
150 mm
cut along dotted line for open fronted robin box

1 Mark out and saw panels
Use diagram above, and write the name of each panel onto the marked out wood.

2 Choose your box type

	hole fronted box: blue tits (25mm) great tits (28mm) sparrows (38mm) starlings (45mm)		open fronted box for robins
--	---	--	-----------------------------

3 Assemble the box
Nail the panels together:

Fix on the roof panel with a hinge or strip of old rubber.

Where to put it:
2-5 metres above the ground, somewhere sheltered.
2-5m above ground

© Caroline Welch CR

www.wildlifewatch.org.uk

Northstowe Nature Notes

Hugh Venables

The new viewing platform at Kingfisher Pond is an excellent addition, along with the paths starting to open up around the sports pitches and allotment site. On one visit there was a water vole feeding in the vegetation in the central area of the pond. Towards the other end of the site, the new pools on Phase 2 are beginning to attract more wildlife, helped by a semi-permanent flood alongside them. Various ducks, including Shoveler, Teal and Shelduck were on the floods in late winter and four Avocet were feeding there recently. These large black and white wading birds, with their characteristic upturned bill, are always great to see, but fit in surprisingly well with the gulls. Tufted Ducks are still on the Phase 1 lake, where willow trees are starting to take hold around the edge.



The high water levels from the wet spell have brought extra wildlife in at Fen Drayton Lakes reserve, most notably 1500 Black-tailed Godwits. Researchers

have been fitting coloured and coded rings on these large wading birds in wintering grounds of Britain and Portugal together with their breeding grounds in Iceland. One of them turned out to have been ringed in autumn 1996, making it over 23 years old and the oldest on record for the UK. A common seal on the river bank at Holywell was fun to see, but not too surprising as they live in the river at Earith.

Working at home over the last few weeks has meant more time in the garden during the day. The first highlight was finding three smooth newts in the pond, presumably finding their way from the ditch or pond by Linden. A toad was also crossing Stirling Way one night, hopefully finding the pond and not getting lost in the new development. A Red Kite made a couple of low passes over the house during the frustratingly sunny weather and other birds of prey – Sparrowhawks and Buzzards – were also out making use of the thermals. Marsh Harriers breed close by at Ouse Fen and have reached Northstowe before looking for food.



An update from Fen Drayton Lakes

Our year on the reserve is split into two halves: the autumn-winter habitat management season and the spring-summer breeding season. From September through to the end of February we are busy going around the reserve carrying out work to maintain or enhance areas for our key breeding species. Most of this work is guided by the reserve species targets in our management plan. These targets detail the species, avian or otherwise, that we want to attract to the reserve to breed or overwinter. Nesting islands are cleared of vegetation, willow is removed from reedbed, scrub is coppiced, and many other tasks are carried out to provide the ideal habitats for our target species.



Lapwing with chick - Amy Millard (rspb-images.com)

March through to August is the breeding season when resident and migrant birds are busy nesting around the reserve. Consequently, in order to prevent disturbance to breeding birds throughout these months, we do not venture off-track into any of the habitats. We do, however, carry out surveys to find the number of pairs of key species using the site, so we know if what we're doing is working. Starting in early spring we head to the reserve, usually at or before dawn, to look or listen out for the species being surveyed that day. For some surveys we listen out for territorial males such as bittern, turtle dove and nightingale. In other surveys we count pairs of birds on nests or with chicks such as terns, waders and waterfowl. All our findings go towards our local reserve targets to inform our work for the next habitat management season, and they also get collated on a county and country level.

Volunteering

If you'd like to find out about our visitor engagement work and other volunteering opportunities, please get in touch.

Email: fendraytonlakes@rspb.org.uk

Phone: 01954 233260

Visit rspb.org.uk/fendraytonlakes

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

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

Please note the Surgery will be closed on Friday 10th April and Monday 13th April for the Easter Weekend. Please plan ahead and ensure you have ordered enough medication by Tuesday 7th April.

Coronavirus COVID-19

The NHS in Cambridgeshire and Public Health England (PHE) are extremely well prepared for outbreaks of new infectious diseases. The NHS has put in place measures to ensure the safety of all patients and NHS staff while also ensuring services are available to the public as normal.

You should call NHS 111 if you have been in close contact with someone with confirmed coronavirus.

Returning travelers

Call NHS 111, stay indoors and avoid contact with other people immediately if you've travelled to the UK from any of the infected areas. Please check with **Public Health England** for full directions and the up to date list of countries:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Further information is also available on nhs.uk

Do not go to the GP surgery, community pharmacy or hospital. Call 111, stay indoors and avoid close contact with other people.

Like the common cold, coronavirus infection usually occurs through close contact with a person with novel coronavirus via cough and sneezes or hand contact. A person can also be infected by touching contaminated surfaces if they do not wash their hands. Everyone is being reminded to follow Public Health England advice to:

Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.

Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.

Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people who are unwell.

Dr Stevens

We are delighted to welcome Dr Faye Stevens to the practice as a permanent member of our team.

Cervical Screening

Around 2,600 women are diagnosed with cervical cancer in England each year, and around 690 women die from the disease, which is 2 deaths every day. It is estimated that if everyone attended screening regularly, 83% of cervical cancer cases could be prevented.

New research from Public Health England shows that nearly all women eligible for screening (90%) would be likely to take a test that could help prevent cancer - and of those who have attended screening, 9 in 10 (94%) would encourage others who are worried to attend their cervical screening. Despite this, screening is at a 20-year low, with 1 in 4 eligible women (those aged 25 to 64) in the UK not attending their test.

If you have been invited or are overdue your cervical screening test, please contact the surgery and book a routine appointment with one of our nurses.

Cambridgeshire Hearing Clinics The next Hearing Aid Clinics at Willingham Surgery on Weds 15th April, Weds 20th May and Weds 17th June 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 for more information.

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

COVID 19 – Surgery update
27th March 2020

The surgery is prepared for the coming weeks as we move closer to the peak of the current global pandemic. At this time, the surgery is only able to deal with essential and emergency medical conditions, and acute illness.

The volume of calls is inevitably putting pressure on the service, so we ask that you only call the surgery if you require urgent assistance and have been unable to find answers using NHS 111 online, Doctorlink or the NHS app in the first instance.

Please check <https://www.gov.uk/coronavirus> for advice on what you should do if you believe you have symptoms of COVID-19.

The GP does not need to be made aware that you are self-isolating and will not issue sick notes (please see below).

Surgery Appointments

Please be advised your GP surgery is still open for telephone advice, however if your query is in relation to COVID-19 please visit NHS 111 online in the first instance.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

We have currently suspended all routine appointments and minor operations to help manage demand at this time.

Medication reviews, essential follow up and other queries will be managed via telephone consultation with a GP. Please be aware the GP will only try to call you once, and should you miss the call you will need to reschedule your appointment for a later date.

The GPs are triaging all patients presenting with any urgent medical problem, not just those relating to COVID-19. Please only attend the surgery if you have been invited by the GP/Nurse practitioner.

Updates regarding your appointment will be sent via SMS message or you will be contacted by a member of our reception team. Please ensure we have your up to date contact details.

The following services have also currently been suspended at the practice:

Chiropody

Specsavers Hearing Clinic

Citizens Advice Bureau

Hearing help – please note they will send new batteries to your home address. Please visit <https://www.cambridgeshirehearinghelp.org.uk/> or call 01223 416141

Diabetic Eye Screening have also cancelled their appointments at present, and will be contacting patients directly with information.

Hospital referrals:

Due to coronavirus, the hospital has postponed all non-essential outpatient appointments, planned procedures and operations until further notice. This is currently expected to be for at least 3 months.

Patients will be informed by the hospital if there are any changes to pre-booked appointments. We appreciate that patients will be disappointed and concerned. Patients will automatically be re-referred once normal service resumes, and there is no need to speak with the GP.

We are only therefore only able to refer patients to hospital with life or limb threatening conditions. Do NOT contact the surgery with the expectation of an onward referral to hospital.

Nursing services:

Routine nursing appointments have also been suspended. If we need to cancel your appointment you will be contacted by a member of the nursing team. We will be continuing to offer face-to-face consultations for:

Blood tests for antenatal patients, INR, methotrexate / high-risk drug monitoring
Dressings / suture / clip removal

Child and adult vaccinations (not travel) including whooping cough in pregnancy
 Contraception injections
 Zoladex injections
 Smears if the woman has had an abnormal smear test in the past 12 months
 Urgent ECGs as requested by a doctor
 Smoking cessation / HRT / pill checks and any other consultations will be by telephone consultation.

Repeat Medication

You are only able to order 1 month of medication. In order to help us manage demand, we ask that you only order what you need in the normal way. Please allow dispensary 2 working days to process the request.

If your medication review is due, this can be conducted by telephone with a GP. The Dispensary have authority to override this for the next 3 months to ensure everyone has the medication they need.

If you are self-isolating and unable to collect your medication, please contact the Dispensary for information on how we can help you. Willingham Pharmacy are currently offering a free delivery service also.

Sick notes – MED3

You do not need a MED3 or sick note for self isolation. Please visit the following website which gives instructions.

<https://www.gov.uk/government/news/online-isolation-notes-launched-providing-proof-of-coronavirus-absence-from-work>

Social Distancing

Should you have any queries regarding social distancing, please visit the following for advice and guidance:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

Urine Samples

Please do not drop off urine specimens for testing at this time, as we try and relieve pressure on the labs.

If you are symptomatic and believe you have a urinary tract infection (UTI), please call reception who will arrange for you to speak with a clinician over the phone.

Asthma

If you believe you need inhalers or Asthma advice, please visit www.asthma.org for information.

We will only issue Asthma rescue packs if this is something you have already been given in the past.

NHS App and Doctorlink

The practice is compatible with both the NHS App, as well as Doctorlink. Please use these resources if you are having difficulty getting through to the practice on the phone, in order to help us during this busy period.

All the staff at Willingham Medical Practice and Longstanton Branch Surgery would like to thank you for your support and understanding during this challenging time.





Doodles of Art

How to make your own bird feeder

wildlife
watch



What you need:

- dry ingredients
 - bird seed
 - dried fruit
 - cooked rice
 - breadcrumbs
 - grated cheese
 - chopped nuts
- hard cooking fat (lard or suet)

- a pine cone, coconut shell or yoghurt pot



Use an old yoghurt pot for this, and always recycle after it's been used

- String



- 1 Mix all the dry ingredients together in a bowl



Hang your feeder where you can watch birds without disturbing them

- 2 Add the fat and give it a good mix around

If you need to melt the fat, ask an adult to help

- 3 Choose your feeder



plaster all over a pine cone



put it round the inside of a coconut shell



press into a yoghurt pot

You can hang this upside down like a bell or turn it out like a cake



- 4 Hang your feeders with string

(you may need to make holes and tie the string in before adding the mix)

Illustrations Corinne Welch © Copyright Royal Society for the Protection of Birds Ltd 2015



Pathfinder Church, Northstowe



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

Church House, 6 Woodpecker Close, Northstowe, CB24 1AW (01954 261 181) contact@northstowe.church;

www.northstowe.church Follow our social media (fb.me/PathfinderChurch)

or newsletter (bit.ly/PathfinderChurchNews) to see pictures, news, and more.

Dealing with **Loneliness** and **Isolation: FIVE TOP TIPS**



1. **Pray – light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.**



2. **Talk about how you feel.**

This may be difficult if you are self-isolating, but use the phone, internet and social media. If you need to contact a counsellor, this can be arranged by your GP, local agencies or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.



3. **Focus on the things that you can change, not on the things you can't.**



4. **Look after yourself – physically, emotionally, spiritually.**

Plan things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.



5. **Look after others – even if only in small ways, but do what you can:**
a smile, a kind word, writing a letter or an email.

Rev Dr Beth Cope is the Pioneer Minister and Priest for Northstowe: whether you are a churchgoer or not, she is here to offer pastoral support, including support for those working on the frontline and after bereavement. While we hope you won't need it, please note that, at the time of printing, Graveside and Crematorium funerals are still possible, but, whatever happens, we will be with you every step of the way. You are not alone.

Whether you are a front line keyworker or saving lives by staying at home, looking after our mental health has never been more important. The Church of England have produced helpful mental health resources to help you in this time of uncertainty. Access them at any time, for free, at cofe.io/MentalHealth.



With public worship on hold, we remain hopeful and rooted in the offering of prayer and praise and overflowing in service to the world.

Join us digitally #praying #exploring #sharing



We live in uncertain times. I'm writing this at the end of March, with no gatherings possible as we physically isolate to reduce the spread of Coronavirus. All of our plans for Easter and beyond have had to be cancelled or radically changed, though we did manage to get the baptism and the wedding done before the lockdown! But in the midst of this uncertainty and difficulty, I am thankful for many things. Let me share two things here.

I am thankful that God the Father sent Jesus to be "the way, the truth and the life" (John 14:6). Jesus never promised anyone an easy life. But he promised all who follow him that he will be with them every step of the way, and that he will take them through death to live with God forever. Because of that I can have peace even when facing real suffering and uncertainty.

I am thankful that modern technology (and people with tech skills) mean that much of our church life has been able to continue online. We gather as an all age church family in Zoom on Sunday mornings, and then YouTube lets us sing more songs and listen to a recorded sermon. Our homegroups and prayer times are on zoom as well, and we're exploring ways to do community (Coffee Corner on Zoom?) and help people explore faith questions online.

What are you thankful for at this time?

Josh Monteiro (Pastor)

You can find the details of our activities on our website www.emmanuelchurchnorthstowe.org and the Emmanuel Church Northstowe Facebook Page.

Recipes

Cranberry, pumpkin seed and caramel flapjacks

Ingredients

250g salted butter
6tbsp caramel from a 397g can or Carnation caramel (rest used as topping)
50g caster sugar
350g oats
85g self raising flour

For the topping

Remaining caramel
50g salted butter
25g pumpkin seeds
50g dried cranberries
25g dark chocolate
50g flaked almonds
(or anything else you have in cupboard – marshmallows, pecans)

Method

Heat oven to 160C and line a 22cm square cake tin with baking parchment
Melt the butter, caramel and sugar in a large saucepan
Then tip in oats and flour
Stir well making sure every oat is covered in buttery goodness then tip into your cake tin and press down firmly with the back of a spoon to level the surface
Bake for 40 minutes
Tip the remaining caramel and butter into a saucepan and bubble for 5 minutes, stirring constantly until the mixture turns a dark golden brown and thickens a bit
When the flapjacks are cooked remove them from oven and pour over the hot caramel.
Leave to cool for 5 minutes then sprinkle on cranberries/almonds/pumpkin seeds and chocolate chips
Leave to cool completely then cut into squares



Bin collections

Report missed bins at:

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

Thursday May 7th Blue bins

FRIDAY 15th May Black bin

Thursday 21st May blue bin

Thursday 28th May black bin

Thursday 4th June blue bin

Thursday 11th June black bin

Thursday 18th June blue bin

Thursday 25th June
black bin



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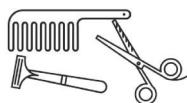
enquiries@airportcars.uk.net

www.airportcars.uk.net

Happy FATHER'S Day!

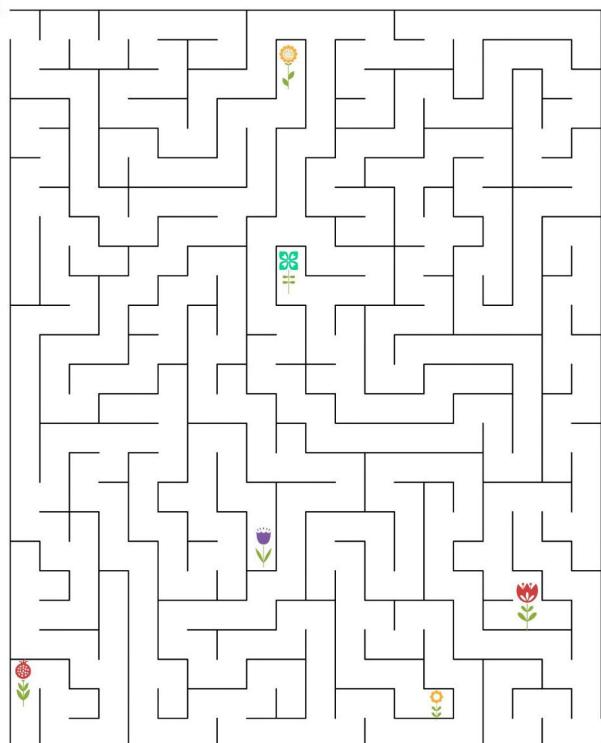


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TOOLS
JOKES
SPORTS
HOME
BBQ
CARING
FAMILY
PROTECTIVE
RESPECT
LOVE
DADDY
TIE
SPECIAL
GIFTS
HONOR
HUGS
FUNNY
THOUGHTFUL
MEMORIES
STRONG

Help Buzzy Reach His Friends!



Spring Word Search



Find the words below in the grid to the right:

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



April
April Fool's Day
bloom
bud
Buddha's Birthday
cherry blossom
crops
daffodil
Earth Day

Easter
farmer
flower
grow
June
May
melt
Mother's Day
new leaves

plant
plow
seed
shower
sprout
thaw
tulip
wake up
warm



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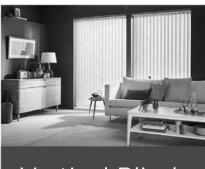
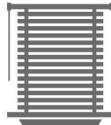
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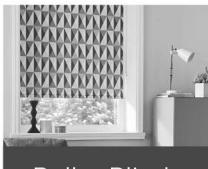
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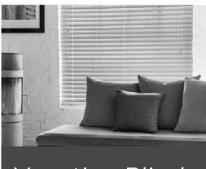
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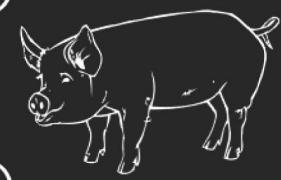
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Travel updates for Northstowe



1. Changes to Busway Services in Spring

Based on the public consultation which was held in the summer of 2019 where 2,311 people gave their feedback on the Busway, Stagecoach have analysed the data and will be rolling out some changes in Spring 2020. Keep an eye on the timetable as it has significantly changed due to COVID restrictions.

Some of these changes include:

- New timetables and route maps
- 18 new vehicles

- A bus every 5 minutes at peak times between St Ives P&R to Trumpington P&R
- A bus every 8 minutes at off peak times between St Ives P&R to Trumpington P&R
- Later and more frequent services over 7 days
- Improved services to villages and towns

The Busway D will no longer exist as the Busway B will now serve Cambridge North Station (CNS).

The Busway A and Busway B have switched at certain sections of the route: Busway A will now serve Orchard Park, the Busway B will now serve Science Park, CNS and Cambridge Main Station.

Stagecoach have ensured that buses arriving at Cambridge North Station are aligned with the current train timetables for trains bound for London. Buses will arrive approximately 10 minutes before London fast train departures and leave the station approximately 10 minutes after London fast train arrivals. Buses to Cambridge Rail station are every 5 minutes in the peak, so they'll always be a bus on its way.

Further details on the above changes can be found here. <https://www.stagecoachbus.com/promos-and-offers/east/busway-service-changes-spring-2020-facts-and-questions>

2. Dr Bike Sessions (assuming COVID restrictions lifted by then)

The next Dr Bike Sessions will take place from 1300 to 1800 outside the Green, where a mechanic will check your bikes during your 15 minutes slot. Please note the upcoming dates:

Sunday 5th July (PM) - TBC

Sunday 4th October (PM)



3. Travel Incentives Research 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, cycle and take public transport. Researchers from the University of Cambridge are planning to conduct 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.

Due to the Covid-19 pandemic and its impact on travel behaviours, the study team have decided to postpone the start date of the study and plan to restart the study at a more appropriate time. The Travel Plan Co-ordinator continues to support the study and will be pausing the distribution of travel benefits until the study starts, 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 when the study starts. 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.

Regards,
Prajina

Prajina Baisyet
Travel Plan Plus Project Manager

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Milton Road | Cambridge | CB4 0GA
07 776 262 728 | www.travelplanplus.org.uk



#StayInWorkOut—We are here to help...

We are all now spending a lot more time at home than we might like, which is why staying as physically active as possible is more important than ever. With restrictions in place on why and how often you can leave the house, many normal exercise sources aren't currently available.



Over the upcoming weeks **Living Sport** are going to use their website and social media channels to share with you some ideas on how to be active. You don't need expensive gym equipment, or lots of space, just a positive attitude. We have lots of advice for different people:

Families – fun activities to keep the whole family entertained

Older People and People with Long Term Health Conditions – adapted, inclusive ideas to keep you moving

General Population – no need for expensive gym equipment, these are suitable for everyone

Visit www.livingsport.co.uk/stayinworkout/

Sport England has also launched a new campaign **Join the Movement**, funded by The National Lottery, giving you the advice and tools you need to help you keep active while the country deals with the coronavirus outbreak.

There's loads of tips, advice and guidance on how to keep or get active in and around your home.

Join the Movement and use #StayInWorkOut to share how you're getting active during this time.

Visit www.sportengland.org/stayinworkout

Please continue to stay safe while still following the government advice on staying at home and social distancing. All outdoor exercise should be done in accordance with the government's guidelines allowing one outing for physical activity a day - either alone or with members of your household.

As soon as the restrictions are lifted we will continue working with local partners to promote new activities in and around Northstowe for all the family, in the meantime stay safe #StayInWorkOut

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The WEA during Covid19



This is a strange time to be writing an article for a newsletter, as it is March and you won't be reading this until May. So much has changed in the last few weeks. It can be difficult to predict what the next few months will bring, but in a close knit community like Northstowe, I know you will all be looking out for each other.

The WEA is an adult learning organisation that aims to bring lifelong learning out to you, wherever you are. We believe high-quality education results in closer families and communities. A sense of belonging. The confidence to face tomorrow.

Just before we were asked to stay at home, I came to a Wing Wednesday to hear from you all about the kinds of courses and adult education you were interested in having in Northstowe. You had so many ideas that I'm looking forward to making happen soon.

In the meantime we are working hard to put some courses on online. We will always be keen to hear from you about what you would like to learn, when you want to learn, and how. Drop me an email at lveit@wea.org.uk or call our office number to leave a message for me on 01223 417320.

Stay safe, Lisette



Neighbourhood Watch's mission is "Bring neighbours together to create strong, friendly, active communities." Here in Northstowe we believe this is important too and we've set up a Phase 1 Northstowe Neighbourhood watch Facebook page to help fulfil this mission. Join us there or at www.ourwatch.org.uk and look out for Neighbourhood watch signs appearing around Northstowe.



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!

Don't forget to wash your hands, if you're not comfortable touching the rocks take a photo and leave for someone else to find.

