



Northstowe News

Issue 12

November/December 2020



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NORTHSTOWE
SOCIAL

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Editor's Welcome



NORTHSTOWE
SOCIAL

Hello from everyone at Northstowe News and Northstowe Social. I don't know about you but this is usually my favourite time of year, I love the crisp winter mornings, the thrill of a firework display, the joy of Christmas and the peace that comes from being surrounded by family and friends even when it seems like chaos. This year is going to be a little different as the rule of six prevents big Christmas parties and group activities, but it's still going to be great.

Last year we met as a town and had a huge Christmas party together with the choir, crafts, food and a photobooth. Even Santa came along to the party to meet all the children of Northstowe.

This year Santa is sad he can't come to see you all again. Instead he is working with the Social Committee to provide a special post-box just for letters for Santa. The Social committee will make sure he gets them all and he has promised to write back. Now Santa obviously knows where you all live but the Social committee don't so when you write to Santa please remember to put your address on the letter. The post-box will be on the railings by the Community wing where everyone can access it (near Pathfinder Primary School) for the first 2 weeks in December. Please remember this is a special Santa post-box and not a Royal Mail post-box—only letters to Santa will be delivered.

I am also really looking forward to the advent windows! We really enjoyed walking round Northstowe seeing all the decorations and trying to guess the country. This year we'll be guessing the Christmas films.

It would also be really good to mark Armistice this year. We can't have a big parade to remember but how about painting a picture of a poppy and putting it in your window? It'd be lovely to walk round Northstowe and see all the poppies in the windows.

Whatever you end up doing this winter I hope you have a wonderful time and a very Merry Christmas from all of us at Northstowe News.



Parish council

Chairman's Update

Well, we are still clearly living in interesting times - I'd hoped by now we might be able to re-schedule some of the things postponed from earlier in the year, but here we are, rapidly heading into Autumn, but still enjoying the late summer, and it still seems every other day that the guidance around how we go about our daily lives changes. Making sense of what is going on around us and how and what we are allowed to do is a seemingly constant task. That said, I hope that you and your family, loved ones and friends are weathering the ongoing pandemic, and have managed to enjoy some of the summer, albeit in difficult circumstances.

Firstly for this update, I want to say a massive thank you to all that have helped out with the Longstanton Covid support team during the most challenging days of the pandemic. Over a hundred people came forward to offer help to those vulnerable, elderly, or simply needing a hand to get through the day-to-day activities. Whether it was grabbing some shopping, providing missing supplies, picking up and dropping off prescriptions, the community rallied round to help each other and provide much needed support. While this still continues for some (both providing and needing support) the demand has passed its peak, and, hopefully will continue to decline. That said, we will re-activate should we unfortunately have to enter lockdown again. I'd like to say a thank-you to everyone that offered support, often offering help within seconds of requests being made, and importantly, I'd like to thank Libby White our Parish Clerk for making it all happen which was no small task, and something that was often 7-days a week.

Community Events

Following my last report, you will have seen that we have taken the decision to postpone/cancel all our planned village events this year, as with the regularly changing guidelines about what we can and cannot do, we cannot be sure that we would actually be able to complete any of our plans.

The Kingfisher Pond and Water Levels in the Village

Following my last report, I can confirm that HR Wallingford have been employed to look in detail at the dewatering in the parish. We will keep you informed of all progress.

Until the next update, please stay safe, stay healthy and if you need help and support while we remain challenged by coronavirus, your Parish Council will try to help. Call the parish office on 01954 782323 or contact Libby our Parish Clerk by email at clerk@longstanton-pc.gov.uk.

Thanks

Dan delaMare-Lyon

Chairman, Longstanton Parish Council

District council

We hope that you have all been staying safe and well. We know it has been an exceedingly difficult time and we are facing more uncertainty as we go into the winter months with COVID cases rising again. We have seen a fantastic local response and real resilience shown by the community so far during the pandemic and we would again like to thank everyone who has been continuing to support the community.

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

As a reminder, South Cambs District Council has dedicated pages with lots more information for residents and communities on coronavirus support via <https://www.scambs.gov.uk/coronavirus/>

NORTHSTOWE PLANNING UPDATES

We have been meeting regularly with our planners for Phase 1 and Phases 2&3 to get updates and raise resident issues and questions. We have raised the concerns about the completion of roads and footpaths and they tell us they are trying to work with L&Q and the housebuilders on this. We will continue to push for action. At the request of the planners L&Q have submitted a revised phasing plan for when elements of the infrastructure for Phase 1 will be finished. The old one was no longer accurate as L&Q have slipped so much on delivery. In this L&Q have given a 2026 date for completion of the primary roads which is not acceptable. There will be parcels of house building on Phase 1 up to this date, but a phased plan is needed for completing the primary roads and not a blanket date in 2026.

We have had to push L&Q repeatedly to complete Pioneer Park as again there have been unacceptable delays. We share resident's frustration that there is nowhere for children to play. We hope by the time of publication this will be open, but they would not commit to a completion date.

We have also submitted our responses to the Endurance Estates planning application for 107 new homes on land west of the B1050. We were pleased to see they have been working with Homes England on coordinating plans as it important that there is integration across the Northstowe development. We support the request from our community officers for section 106 contributions to public facilities, open spaces, and faith provision for Northstowe. We have raised objections to the application, in particular citing the lack of a plan for sustainable drainage and a failure to properly assess the existing wildlife habitats on site, to show how these will be protected or to demonstrate a commitment to biodiversity net gain through development, something which they are required to do.

COMMUNITY GOVERNANCE REVIEW

The second round of consultation for the CGR closed on 15 September. We would like to thank all residents who contributed to

this. There was a fantastic response from Northstowe residents, with almost 200 submissions. As a reminder all the options proposed involved Longstanton, Northstowe and Oakington being separate parishes and the creation of a new Northstowe Parish or Town Council.

The next step in this process is for all the responses from residents to be considered and a recommendation on any changes made to the Civic Affairs committee (which neither of us sit on) who will meet on 3rd November. We should know the outcome of the outcome of the CGR by the end of November following a meeting of the full SCDC council.

You can find all the information about the CGR via <https://www.scambs.gov.uk/cgr-lown>

BUSINESS SUPPORT

A new team has been set up by SCDC to increase support for local businesses – particularly small and medium-sized companies. You can find more information and sign up for the regular business support newsletter via <https://www.scambs.gov.uk/business/>

ZERO CARBON COMMUNITIES NEWSLETTER

At SCDC we have introduced a quarterly newsletter that aims to give further support and advice to residents who want to do their bit to help tackle the climate emergency.

In the latest edition there is an article on the Northstowe Allotments. We have been really pleased to see the progress made on the allotments and community garden at Northstowe and excited about the future plans for this. Huge thanks to the Horticultural Association for all their hard work getting up and running.

You can find the newsletter via <https://www.scambs.gov.uk/climate-change/zero-carbon-communities/zero-carbon-communities-newsletter/>

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

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

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

County council

Safety concerns about Northstowe Guided Busway crossing opposite Reynold's Drove

After some safety concerns were raised by residents, a site visit at the above crossing was held to discuss possible options. An inspection and options report from Waterman Aspen was commissioned in September with a 3 week turnaround from inspection to report and will look at possible adjustments that could be made. In addition SP landscapes who undertake grounds maintenance along the Busway have been instructed to remove the hedging and undergrowth which has self-set for a distance of 200 metres either side of the crossing on the Northstowe side of the track. This will maintain the maximum level of visibility for anyone crossing from the Northstowe side of the track. These works will commence on 11th October along the Busway track and will be completed on 17th/18th/19th November by gaining access to the Gallagher Northstowe land with their permission. As soon as the inspection and option report is received, further measures can then be considered.

Test and Trace app.

The new Test and Trace app has been launched and will be used to notify users if they come into contact with someone who later tests positive for coronavirus. It will allow people to report symptoms, order a coronavirus test, check in to venues by scanning a QR code and help the NHS trace individuals that may have coronavirus. A wide range of businesses, organisations and community venues are now required by national law to collect customer, visitor and staff contact detail logs, as well as displaying an official NHS QR code poster. Failure to collect these details or display the poster will result in fixed penalty fines. When someone enters a venue and scans a QR code poster, the venue information will be logged on the user's phone. The device will check if users have been at that location at the relevant time and if the app finds a match, users will get an alert. The app will allow us to know more quickly if we're at risk of the virus, so we can take action, fast, to protect our communities and loved ones. The more people who use the app, the better it will work – and it will help us get ahead of the virus, preventing a

second wave, further local lockdowns.

Library service back on the road.

The mobile library service started again on the 21st September with two of the three vehicles being brand new. Due to Covid restrictions they will allow limited access initially and operate with an on-line select and collect service just like static libraries, so books are kept clean and returns can be quarantined. If casual users turn up the operator will assist as much as possible as we know not all can go on-line. Also, one of the redundant vehicles is planned for a refurb to deliver other outreach services to rural areas. This has great potential and is being used as a pilot project for Skills, Digital inclusion, Scams awareness, Public Health, community engagement, etc.

Cambridgeshire launch £500K top-up to broadband vouchers for rural residents

Residents and businesses in rural areas of Cambridgeshire are being urged to apply for funding to benefit from the fastest and most reliable fibre connectivity - before the money runs out. Connecting Cambridgeshire has secured £500,000 extra "top-up" funding to help premises with the slowest broadband cover the cost of installing new gigabit-capable connections that will more than double their speeds. The Cambridgeshire top-up funding is part of Connecting Cambridgeshire's Keeping Everyone Connected work, using digital connectivity to help businesses and communities to recover from Covid-19, and will be used to rollout fibre broadband to the hardest-to-reach areas. Gigabit-capable means 1,000 megabits per second (1,000Mbps). Future-ready full fibre connections are faster, more reliable and cheaper to operate than traditional copper lines and provide a big leap forward in terms of speeds and reliability. Residents can choose to upgrade to 1,000Mbps or sign up to lower speed packages that match their requirements. Groups of rural premises with broadband speeds of less than 100Mbps, can apply to the national Gigabit Broadband Voucher Scheme and pool vouchers worth up to £1,500 for homes and £3,500 for small to medium enterprises (SMEs) towards the cost of installing a new full fibre connection.

In addition, eligible rural properties getting less than 30Mbps will automatically receive a 'top up' to the voucher - offering an extra £1,500 per household or business towards the installation cost of gigabit-capable broadband. This means premises in group projects with the slowest speeds will get vouchers worth up to £3,000 per residential premise and up to £5,000 per business.

Group projects are when two or more residents or businesses get together to combine their vouchers towards the cost of connections. They will then be able to choose an internet package from a provider to suit their needs and budget.

The COVID-19 pandemic has shown how important it is for everyone to have access to reliable, fast broadband. Being digitally connected is vital for staying in touch with friends and loved ones and is key to being able to work from home, while also helping to stabilise local businesses. It's encouraging to see Cambridgeshire putting extra cash behind the voucher scheme. The deadline to apply for the scheme is 31 March 2021 unless funding runs out before then as money will be allocated on a first-come, first-served basis.

Cambridgeshire registration service bounce back from lockdown

The county council's registration service team have been working hard to recover as quickly as possible following lockdown to help the thousands of customers directly affected.

When lockdown began on 23 March, Cambridgeshire County Council's registration team had to make some huge changes - death registrations were carried out over the phone for the first time in history and birth registrations and ceremonies (including marriages, civil partnerships and citizenship) had to be put on hold. This resulted in a backlog of appointments, and now birth registrations and ceremonies have resumed, the team have been working hard to catch up as quickly as possible. The process of carrying out death registrations via telephone appointments has worked exceptionally well for all those involved – especially bereaved families, who now do not have to travel to come into an office in Cambridgeshire to register a death. This is something the service is campaigning to keep for the longer term.

Regarding marriages and civil partnerships, the team have dealt with at least 30,000 customer queries as government guidance has been updated and changed. The 73 Approved Venues across the county have also been kept informed throughout. The team has been travelling the world via Skype for some ceremonies, with one live streaming going to a bride's parents in China.

County Hub reflects on its success!

Since March the County Covid-19 Coordination Hub has been staffed by volunteers and council workers who have been seconded from their normal day to day roles in order to help look after the vulnerable in our county.

At the start of the pandemic we identified 19,040 people who required our help. All were contacted by letter and phone and from this the hub has been in regular contact, mainly weekly, with 7,812 shielded people.

People asked for help in many ways; we had 7,763 direct phone calls for help and responded to 5,737 direct emails asking for help. Help came in all kinds of forms. For example, the hub delivered 3,312 food packages and we referred 806 people for befriending support via the Red Cross.

Initially the hub was geared up for practical hands on support such as food packages and delivery of medication, but it quickly became apparent that mental health and loneliness and isolation were additional concerns and the service quickly responded to this. The support officers were invaluable in reaching out on a regular basis to the shielded community. Throughout July support officers worked with the community to help them with transitioning out of shielding. So far 6,185 people who have been receiving regular calls have been supported to learn new skills and processes ensuring that they are able to access food and medication for themselves.

Whilst the hub has paused there is still lots of information for people who have been shielding on the website of Cambridgeshire County Council. As well as information about the support that is on offer now the national programme has paused, people can find support available where they live via the Cambridgeshire Online Directory, which provide residents and families with information on organisations, services and events across Cambridgeshire. For more information visit www.cambridgeshire.gov.uk/cambridgeshire-online-directory

Community projects awarded £5m

Community projects across Cambridgeshire have been awarded a total of £5m as a special fund set up by the County Council comes to a close. A total of 6 initiatives will receive funding in the latest round of applications - the allocations were agreed by the County Council's Communities and Partnership Committee, which met on Thursday (3/09/2020). The Community Capital Fund, which aims to create opportunities and improve lives and skills across the county, was launched by Cambridgeshire County Council at the start of April 2020 with the first recipients announced in May. The fund may contribute up to £500,000 capital funding for projects which can address issues which are a specific priority for the local community, address inequality of access to services or activities, and implement community involvement in delivery or design of the project. Since its launch 63 applications have been received, requesting a total of £9,753,587 with 35 projects have been granted funding totalling £5m from a £5m budget.

Some of the projects granted funding by the committee are:

- £198,000 to extend the Community Hall in Gorefield
- Up to £10,000 for new audio/visual equipment at Hilton Village Hall
- £20,000 for new playground equipment for Eversden Parish Council
- Up to £150,000 for Market Place enhancements in Wisbech
- £88,855 for Hauxton Village Hall
- £50,000 for the Brampton's Men's Shed
- £12,000 to refurbish the Youth Centre for Stapleford and Shelford Youth Initiative
- £15,000 for outdoor equipment for Christchurch Community Centre
- £81,000 for a stable block conversion at St Mary's Church, Bartlow
- £65,000 for the Melbourn Village Hub
- £275,000 for the extension of the pavilion in Girton
- Up to £75,000 for improvements to West End Park, March
- £25,597 for the Overcote Rd project in Over.



Peter Hudson

County Councillor

Northstowe, Longstanton, Oakington, Westwick, and Over



We have been overjoyed to welcome all students back to Northstowe Secondary College, with Year 7 joining us on the 3rd September and Year 8 on the 4th. Although school looks a bit different with our Covid safety measures, all our students seem to have been glad to get back into a routine and to see their old friends and make new ones. You will see that our children are coming into school in uniform or PE kit, this is because we are not allowed to have whole classes in our changing facilities at present.

Both year groups have also been wowed by the new building that we received in full on the 15th July. They are certainly very lucky to have such space and state of the art facilities. Students have begun their first DT lessons, they are so excited to get into the kitchens and workshops. We look forward to sharing pictures of their creations in the next issue. Students have also enjoyed the choice of food available, cooked by our new chef Kevin.

We have been doing our best to get pictures onto the Facebook page so that our community can get a feel for our school, as an Open Day is not possible at the moment. We already have lots of sports bookings in our outside spaces and are looking forward to welcoming clubs and groups into our indoor spaces too. As soon as Covid restrictions allow we can't wait to have a proper opening event, to welcome our community in for a look around.

Meanwhile you can see a sneak preview here: <http://www.northstowesc.org/parents-information/transition/>

Although our usual trips and visits are on hold at the minute, we have been creating a huge piece of art work that has individual creations made by each of our new Year 7 students. Sports clubs have begun, with netball, hockey and football making use of the new pitches, as well as our creative clubs too. We are so pleased to be back to a more normal life and to work with our young people who bring us such joy.



Due to lockdown restrictions, Friends of Pathfinder School (FOPS) have been unable to do any fundraising since March. However, we are always thinking of new and exciting fundraising ideas whilst following ever changing government restrictions. Please look at our Facebook page to see what we are planning **@FOPS.Pathfinder** in the coming months. There are still many ways that you can support FOPS daily.

FOPS is part of the Co-op Local Community Fund, if you shop in the Co-op in Longstanton and have a reward card you can choose FOPS as your cause to support. Every time you shop a small percentage goes to us.

There is also Easy Fundraising. It is simple to use and the free donations you raise make such a BIG difference. Simply sign up to Easy Fundraising, 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 everyone for your ongoing support and we look forward to seeing you at future COVID-19 safe events.



Now, more than ever

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

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Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:

 RED If your child has any of the following: <ul style="list-style-type: none"> • Becomes pale, mottled and feels abnormally cold to the touch • Has pauses in their breathing (apnoea), has an irregular breathing pattern or starts grunting • Severe difficulty in breathing becoming agitated or unresponsive • Is going blue round the lips • Has a fit/seizure • Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive • Develops a rash that does not disappear with pressure (the 'Glass test') • Has testicular pain, especially in teenage boys 	You need urgent help: Go to the nearest A&E department or phone 999
 AMBER If your child has any of the following: <ul style="list-style-type: none"> • Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing • Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual) • Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down • Has extreme shivering or complains of muscle pain • Babies under 3 months of age with a temperature above 38°C / 100.4°F • Infants 3-6 months of age with a temperature above 39°C / 102.2°F • For all infants and children with a fever above 38°C for more than 5 days. • Is getting worse or if you are worried • Has persistent vomiting and/or persistent severe abdominal pain • Has blood in their poo or wee • Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness 	You need to contact a doctor or nurse today: Please ring your GP surgery or call NHS 111 - dial 111 The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E
 GREEN If none of the above features are present <ul style="list-style-type: none"> • You can continue to provide your child care at home. Information is also available on NHS Choices • Additional advice is available to families for coping with crying of well babies • Additional advice is available for children with complex health needs and disabilities. 	Self care Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

Published 2020
The Royal College of Paediatrics and Child Health is a registered charity in England and Wales (1057744) and in Scotland (SC038299).





Pathfinder Pre-school

01954 584801
preschool@pathfinderschool.org.uk

Opening September 2020

Now accepting applications for
2-4 year olds

Open
Monday-Friday,
7.30am - 6.00pm,
50 weeks of the
year!

Places available
for 30 hours
funding and
'funded 2s'

3 hour sessions:
£18 for 2-3 year olds
£15 for 3-4 year olds
Daily rates inc.
breakfast and wrap
around care from
£50

Respect ~ Optimism ~ Nurture ~ Success



[Free courses online for residents of Northstowe](#)



The WEA is a charity that's been delivering ground-breaking education in local communities for over 100 years.

When the pandemic hit, almost overnight we went from being a face-to-face organisation to an online learning provider. We couldn't bear the thought of abandoning our courses or our students, so we all learned new skills and practiced them until we could teach using Zoom and our virtual learning environment, Canvas, to high standards. It was a scary challenge, but we succeeded!

Now, we're delighted to share that we have received funding from Cambridgeshire Skills to deliver a range of courses for free to local residents who need them to progress in work or education.

These courses are all online, taught by experienced, kind and knowledgeable tutors – people we're so proud to call our colleagues. You can find all of our Cambridgeshire courses here: <https://www.wea.org.uk/eastern/cambridgeshire>

You can enrol online or by calling **0300 303 3464**.

If you want a gentle introduction to online learning, either with the WEA or anywhere else, why not sign up to one of our '[Tools for Learning Online](#)' workshops?

If you have any questions or want to know more you can contact our Cambridge office on 01223 417320 or email eastern@wea.org.uk. Keep an eye out for information about a virtual coffee morning when you can drop in on Zoom and have a chat about any of the courses on offer or what online learning is like; we're on [Facebook](#) (www.facebook.com/weaeastern) and [Twitter](#) (@WEAEastern). We can't wait to meet you!





THE PATHFINDER C OF E PRIMARY SCHOOL

THE PATHFINDER PRE-SCHOOL
preschool@pathfinderschool.org.uk
 Get in touch to arrange a tour or visit
 our school website to make an
 application



MUSIC
MARK
SCHOOL

The school has been nominated by Cambridgeshire Music to become a Music Mark School for the 2020/21 academic year. They have recognised the value that we place on music and, as a result, they want us to celebrate it.

Pre-school Practitioners

Due to our growing numbers in Pre-school, we are recruiting Pre-school Practitioners to join our team !

We are looking for highly motivated, positive and passionate people who are Level 2 or Level 3 qualified to work between 16 and 40 hours a week, all year round.

Please visit the school website for an application and further information.

Multia-Media Suite - Coming Soon

We are very excited that our Multimedia Learning Zone has been designed and will be installed over the next few months. The Multimedia Learning Zone will create a vibrant and multifunctional space, available for all staff and children to use for a variety of learning opportunities.

Three different learning zones have been designed, giving children maximum opportunities to fulfil their learning potential. The dynamic zone for creativity, the collaboration zone for working together and a focused zone or more independent work. We cannot wait to see the room completed. Here's a sneak preview of what it will look like.



RECEPTION 2021 TOURS

To book a tour, please use the QR code or visit our school website



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

Staffing at the Surgery

You may come across many new faces and voices at the surgery as we welcome new members of reception staff into our team. We said a fond farewell to our Office Manager, Sarah Thompson, after 33 years at Willingham Medical Practice. Sarah has retired to spend time with her family, and we would like to publicly thank her for all the hard work and dedication she has put into the practice over her long career. She has seen many new faces come and go, having started her career with the surgery back at the bungalow in Schole Road all those years ago, when everything was written on paper! I'm sure our patients will miss her greatly as she has been a regular front figure at the surgery for such a long time, and will be greatly missed.

Surgery update

Due to the coronavirus outbreak, how you contact us will be different at the moment. This is to limit face-to-face contact whenever possible and help stop the spread of coronavirus.

Your GP practice is open and if you need to see your GP, please ring us on 01954 260230 or visit our website for details. You can also call NHS 111. **Please do not come to the surgery unless you have an appointment.**

A clinician will speak with you over the phone before booking your face to face appointment. Appointments are also being delivered online and over the telephone. If you are asked to come into the surgery for a face-to-face appointment, please remember to wear a face covering. Measures are in place to keep you safe from infection during your visit to the surgery. 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/>

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. 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.

Facebook Page

Willingham Medical Practice is now on Facebook. Please feel free to like and follow our page for important health updates as we move through the winter and deal with the COVID-19 pandemic. We ask that any feedback or concerns are emailed to willinghammedicalpractice@nhs.net as we are unable to respond directly to all comments on our facebook page and there is not the facility to message us using social media for your security, safety and confidentiality.

Flu programme

If you're age 50-64 and don't normally get a flu vaccine, you will be offered one if there is enough Vaccine AFTER vaccination of higher risk groups. You may not be contacted until December. Please do not contact the practice now, we will contact you when the vaccines are available on the NHS. Thank you for your understanding and cooperation

Thank you from Dr Suter

Dr Suter would like to thank her patients for all the gifts and cards she received for her retirement. She was quite overwhelmed by all the appreciation and kindness, and is now enjoying the extra time she has with her family.

Carers Meeting

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

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

Lisa Smith –Assistant Practice Manager –November 2020

Adult Football



Northstowe Secondary College
Monday's 19:15-20:15
£6 per session

www.kickstartactivelife.co.uk
George@kickstartactivelife.co.uk



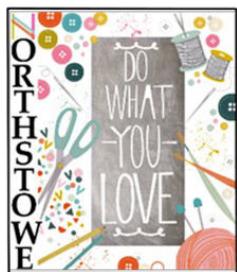
Youth Football



RECEPTION TO YEAR 6

Northstowe Secondary College
10am-11am
£6 per session
Starting 10th of October

www.kickstartactivelife.co.uk
George@kickstartactivelife.co.uk



Uniting Local Communities through the Love of Craft

The Northstowe Community Crafters Club is encouraging Crafters of all ages, levels and craft types from Northstowe and surrounding Villages to join the group virtually . Meet new friends, learn new Crafts and be part of a new and vibrant group of like-minded people like yourself. To find out more contact Karen:

Uniting Local Communities through the Love of Craft.



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



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



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



Friday walks

(obeying gvt guidance around meeting up)

10:15am for about an hour

meet on The Green



Garden Design - Paving - Driveways - Decking - Fencing - Turfing - Artificial Grass - Planting

Free Quotations and fully insured

01223 625018 07464 323214

www.gardenology.net

Longstanton Army Cadets Engage In ‘Virtual’ Parade Nights Through Lockdown



Longstanton Army Cadet detachment is your local detachment. During lockdown they rose to the challenge that the Coronavirus has created and is using it to the advantage of its cadets.

In normal times, cadets meet at their detachment locations once a week, where they learn multiple elements of the cadet syllabus which covers 10 different military subjects. Also included are non-military activities such as completing the Duke of Edinburgh Award, and most importantly of all, spending time with their friends. With the beginning of the lockdown, the cadets lost not only their weekly parade night, but also the important social contact and support the cadet force provides.

Major Ben Morris, a cyber security expert, created a centralised Teams account that has been “locked” to ensure that all safeguarding requirements have been met. This has enabled Longstanton Detachment to offer weekly virtual training nights that are continuing many of the Army Proficiency Certificate (APC) activities that they would have undertaken at detachments. This new training enables cadets to develop new skills through making virtual presentations, skills that are likely to be in increasing demand in their adult lives.

As well as offering lessons on military history, signals and physical training, 2nd Lieutenant Parker and his cadets have been setting up field craft training activities in their back gardens, and using the virtual training sessions to demonstrate military training such as moving under fire, signals, tent building and preparing rations in the field. (What exactly have you been doing?)

2nd Lt Parker is enthusiastic about overcoming the challenges imposed by lockdown – as are his cadets, all of whom are now engaged in the virtual training sessions. ‘Parents tell me “my son has found lockdown extremely hard...having Army Cadets parading through lockdown has given him continuity and a sense of belonging”; “watching two cadets putting up a basha [tent] blindfolded whilst their friends gave instructions over an iPad was a great thing to see”. “This is the one thing in the week they look forward to.”’



Cadets have said:

One of the cadets said “being in the Army Cadets is like having a second family, I made friends really quickly and we all look after each other”



“Since being in the cadets I have completed my Bronze Duke of Edinburgh award and have nearly finished my silver”

“Really looking forward to going back to the detachment however, meeting every Wednesday evening has been great.”

Longstanton will be back parading on Wednesday evenings from 7.15 – 9.30pm at ACF Cadet Centre, The Old NAAFI Shop, Magdalene Close, Longstanton, Cambridgeshire, CB24 3EG.

The Army Cadet Force is a fun, active, inclusive youth organisation from year 8 onwards. Aged between 12 and 18 years old, which aims to inspire young people through achievement, confidence-building and developing leadership skills.

We are recruiting now so please contact email 2Lt Parker on 5035parke@armymail.mod.uk.



[2Lt M Parker | Longstanton Detachment Commander | Cambridgeshire ACF](#)

Book Review

Kathy

The Beekeeper of Aleppo by Christy Lefteri gives us a stark reminder that even amidst a pandemic we in the UK enjoy a relatively safe and comfortable life. The main characters in this novel are Nuri and Afra who live in war ravaged Syria. Their only child has died, their home is damaged, venturing outside to search for food is risky, and yet they are most reluctant to abandon the place they know and seek to reach family in the UK.

The novel is bleak, describing the traumatic effects of war on their mental health as the couple finally begin the dangerous and uncertain path to a new life.

The basic tale is familiar: we see news reports about refugees regularly, (although fewer this year than normal), but this novel is a reminder that each of these asylum seekers is an individual with back histories, strengths and weaknesses, personal problems and potential.

The author focuses on this one fictional family without offering any solution to the issues of immigration. I enjoyed it because I felt drawn to the characters. Thank you to Lorraine for recommending this book to Northstowe Book Club.

Look at Northstowe Book Group Facebook Page if you are interested in joining us in reading any of the following:

Monday 26th October *The Binding* by Bridget Collins

Monday 23rd November *Little Fires Everywhere* by Celeste Ng

Monday 11th January *Life of Pi* by Yann Martel

Monday 8th February *Where the Crawdads Sing* by Delia Owens

Book Review

Becca Edney

First, They Erased Our Name by Habiburahman is an autobiography by a Rohingya activist, telling the story of his life growing up in Myanmar and his time in exile once he fled the country. It begins with Habiburahman as a young child hearing his grandmother's stories of repression and then moves immediately into his own experiences and the things he sees in his village, including the brutal treatment he and his parents suffer at the hands of the Myanmar authorities.

The word that comes to my mind to describe this book is "harrowing". Habiburahman is an excellent storyteller and describes his experiences vividly, giving a gutwrenching impression of what it means to be a member of a horribly-treated minority treated as less than human in his own country. The atrocities he and his family and friends suffer are vividly described and only thrown into greater relief by Habiburahman's determination to improve his life and that of his community and the kindness he receives from individuals, especially other Rohingyas.

This is not an easy read, with a lot of disturbing content made only more sickening by the fact that these are real, recent events and things like them are still happening today.

I recommend it for adult readers only, as it contains graphic accounts of violence and racism as well as strongly-implied sexual assault



Allotment group

David



It has been an amazing month on the allotments. Plenty of crops are being harvested and the site itself feels really alive. Pumpkins are ripening in the sun, sunflower seeds drying, potatoes are being dug, and root vegetables in abundance. Preparations for next season are underway and the next batch of plots are to be marked out and allocated soon. The change in the allotment site from the start of this year is incredible. In February, things did not look too promising as all we had to work with was knee deep mud. Now we have a brilliant, well used space that has transformed so much. As always, anyone interested in having an allotment should email northstoweallotments@gmail.com.



Work is beginning now on the community garden. The first raised beds will be built shortly so everything is looking good for next spring. Once the garden is running it will be a space for any Northstowe resident to try their hand at gardening. There will be plenty of space in the garden for vegetables and flowers to grow, and a lot less commitment than a full allotment plot. We also have picnic tables and benches, so the garden is for more than those of us interested in gardening. It will also be a place for anyone to spend some time surrounded by nature. As the garden takes shape, everyone is more than welcome to come along to see what's going on or to lend a hand



Dungeons and Dragons

An online Dungeons & Dragons group will be starting for residents of Northstowe and environs. This will take place on Wednesday evenings and we will be using version 3.5. Anyone interested, please e-mail baroque.mongoose@gmail.com.

Northstowe Rocks!

Remember Northstowe's COVID snake? Well the social committee have been painting Halloween Rocks to make a Halloween spider. Find them at Western Park and add your own.

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!

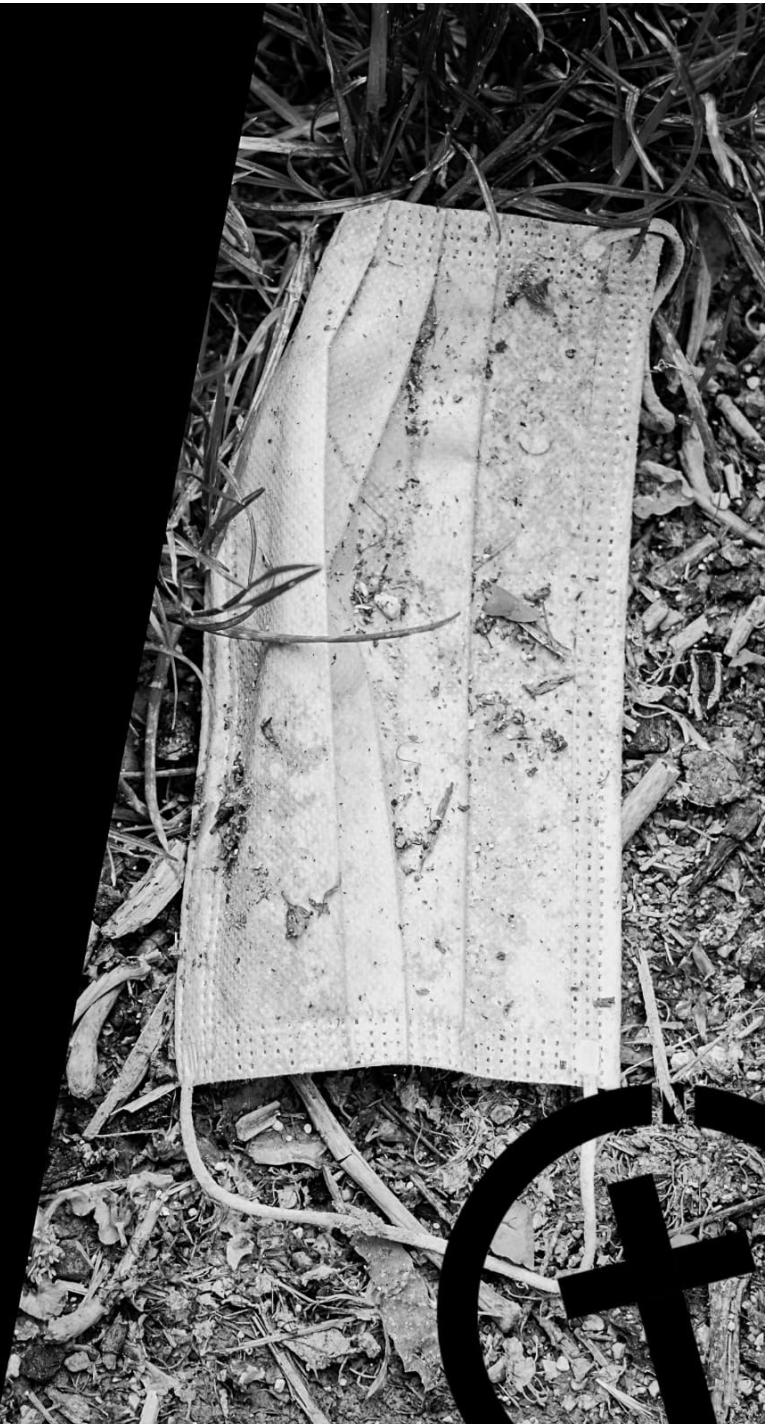


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Relaunching the Northstowe Community Litter Picks.

While COVID-19 is preventing us from gathering, we can still make a difference to our town. Why not book out a Parish Council Litter pick set to use with your household?

Full risk assessment and details from contact@northstowe.church



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DOG GROOMING BY JODIE ARTHURS

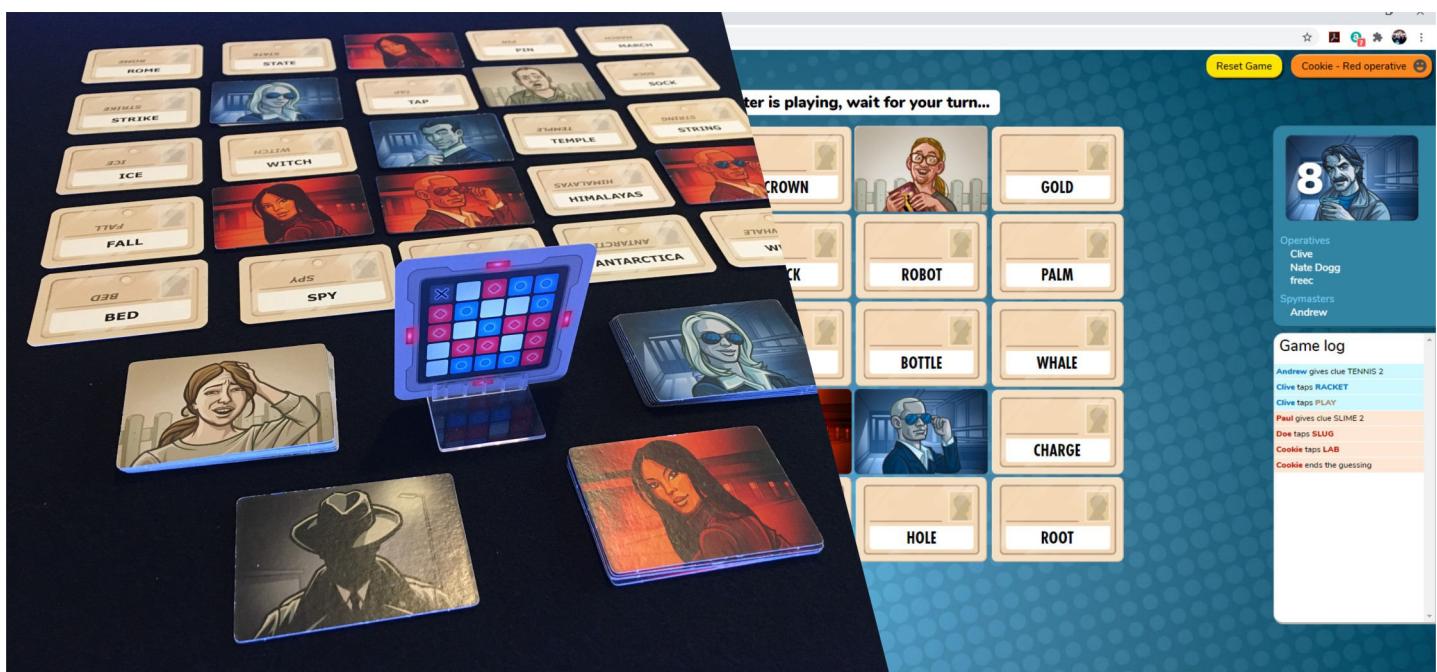
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7 GREENSIDE CLOSE, SWAVESEY, CB24 4RF

- BATHING - GROOMING - STYLING - CLAW CLIPPING -
- HAND STRIPPING - CLIPPING - TEETH CLEANING -
- ONE TO ONE GROOMING - AND A UNIQUE PUPPY PLAN -

Game of the Month

by Andrew and Sarah Collier

It's the day after Boxing Day. The Christmas turkey and the crackers are fading into a distant memory and the whole family sits around in a post-food daze. At last a voice pipes up "Shall we play a game?" and the older family members stifle an inward groan as they imagine hours of Monopoly with its frustration and flipped tables. But wait! Did someone get a new game for Christmas? One that the whole family can join in with and enjoy, that is simple to play but involves actual thought, doesn't go on for hours, and actually promotes discussion? Maybe so, if that game is Codenames.



Codenames is a team game of word association. You have a grid of 25 words - each is the codename of an agent in the field. Some agents are on the red side, some are on the blue side, one is the assassin who must be avoided at all costs, and the rest are just innocent bystanders who are very confused by all of this spying business. The players select one player from each team to be the Spymaster - they see a card which tells them which of the agents are which. Their aim is to help their team make contact with all the agents on their own side, and avoid the rest, by devising single-word clues which link up one or more of the agents' codenames. After each clue the rest of the team decide whom to contact by touching cards one at a time, and their identity is revealed! The first team to contact all their agents is declared the winner.

We like codenames because everyone can be involved, the team can discuss out loud what they think their spymaster is trying to get at (although the other team can listen in, of course, and maybe offer their own "helpful" contributions). There's often a lot of humour in the connections different people will make between the words. It is convenient for large gatherings because it can be played by any number of people, and players can join (or leave) in the middle without spoiling the game. There is a good version online for free at codenames.game which we often play in our Board Games video-conference events on Tuesday evenings, and it may turn out to be really useful at Christmas if the Covid situation means that families can't gather together in the way they normally would.

You can also get Codenames Pictures, a more visually-oriented version of the game where each agent has a line drawing instead of a word. There are also themed versions for Disney and Marvel characters, and a co-operative version called Codenames Duet which we reviewed in our round-up of 2-player games in Northstowe News issue 10 (July/August).

What connects conversation, deduction, strategy and fun? Find out by playing Codenames online at codenames.game, or join us online on Tuesday evenings – for details search FaceBook for "Northstowe Gamers" or email northstowe.gamers@thecolliers.uk.

Codenames is designed by Vlaada Chvátal and published by Czech Games Edition.

Land of Festivals – INDIA

Pahoonchoon jahan bhi main... meri buniyaad rahe tu...

(wherever I reach, my foundation will always be rooted to you... my country!!!)

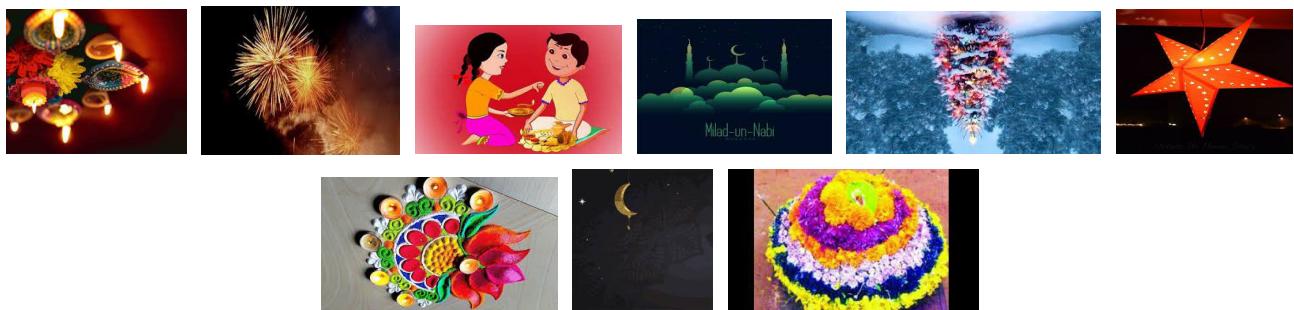
I am going to cover festivals that are celebrated from October to December. Winter festivals have its own charm and exuberance in itself as these bring the much-needed warmth and grandeur to every household. The famous festivals that fall in the last quarter are Dussehra, Diwali, Milad-un-Nabi and Christmas. **Milad-Un-Nabi** is the observance of birthday of the Prophet. The most important aspect of the day is to focus on the teachings of Prophet Mohammed. Families gather together and prepare a feast, which is then served to the guests and is also meant to be donated to the poor. Donating to charity is also considered an important aspect of the Eid.

Christmas is celebrated in same manner as the rest of the world. The only addition to this festival in India is to hang Stars in front of the house that is beautifully lit and decorated. Let us shift our direction to Navratri during Dussehra and Diwali this time. **Navratri** occurs over 9 days during the month of Ashvin, or Ashvina (in the Gregorian calendar, usually September–October). It often ends with the **Dussehra** (also called Vijayadashami) celebration on the 10th day. Lord Ram worshipped Goddess Durga for nine days before slaying the demon king Raavan. This is why on the very next day after Navratri, Dussehra is celebrated. It is observed as an event to celebrate the victory of good over evil, where the effigies of Ravana, Kumbhakarna, and Meghanada are burnt.

In some parts of south India, Naratri is celebrated as Bathukamma as well which is a Flower and Cultural festival of Telangana and celebrated by women singing Songs . The main purpose of this particular festival is to pray with devotion to the Goddess in the strong belief that all young girls would get their beloved husbands as per their desire and wish soon and married women celebrate the festival to pray to the Goddess for good health and prosperity of their families. Some southern India households also arrange Golu (toys), which is akin to invoking the celestial beings into our homes to celebrate and re-emphasize that good ultimately wins over evil. Thus, the **Golu** festival of **Navaratri** celebrates the victory of good over evil. Navratri is famously known as **Dandiya** or **Garba** festival across the globe. It is the socio-religious folk dance related to emotions and feelings. Both men and women traditionally play dandiya-raas and the dance operates in pairs, meaning the group must contain an even number. Generally two lines are formed, with partners facing each other.

Diwali is the five-day festival of lights, celebrated by millions of Hindus, Sikhs and Jains across the world. Diwali, which for some also coincides with harvest and new year celebrations, is a festival of new beginnings and the triumph of good over evil, and light over darkness. Day 1 is celebrated as Dhan-teras, a symbol of annual renewal, cleansing and an auspicious beginning for the next year. Day 2 is Narka Chaturdasi, a day that is interpreted as ways to liberate any souls from their sufferings after life. Day 3 is celebrated for Lakshmi Puja, offering prayers to deities for abundance and prosperity. Some celebrate Day 4 by performing Goverdhan Pooja celebrating the bond between wife and husband. Day 5 is the last day which depicts the celebration of the sibling bond between brother and sister, called Bhai Dhuj.





**Ghoonghat mein rang, Panghat mein rang, Cham Cham Chamkeela.. Des mera Rangeela-Des mera Rangeela!!!
(Colour in the veil, colour on the bank of river, brightness all around... this is how colourful my land is!!!)**

Maneesha Chundi



Friends of St Michaels

Here we are in October watching the autumn colours in the hedgerows and fields around reminding us that we are nearing the end of another calendar year.

Autumn and harvest normally signal our annual Michaelmas Fayre at St. Michael's Church. When we last submitted an article for Longstanton Life, we hoped that the pandemic would have eased and we would be able to plan some autumn events including performances in the church and events in the churchyard. Sadly, no.

We are certainly missing the communal gatherings that events at St. Michael's present to us. Like many community groups, our AGM has been postponed indefinitely; despite this we still value the support that our members have shown by keeping their memberships live during these unusual times. **Thank you to all our faithful FoSM members.**

The restrictions applying to small indoor spaces has meant we are unlikely to plan any Christmas plays, or a Christingle service, in St. Michael's. As we were building this as a tradition we are disappointed to have this disruption. Perhaps 2021 will provide more opportunities.

Challenges for the charity sector and fundraising groups are obvious. It was therefore good to see that the Churches Conservation Trust enlisted musicians to perform a 'virtual' concert in some of the CCT churches. Hosted by Jools Holland, this concert is available on [YouTube](#) under the Churches Conservation Trust. It is certainly worth seeking out, not least because it features our favourite performers from *This is My Theatre*. It also reminds us what potential there is for events when life returns to some form of 'normal'.

Despite the sombre outlook for the coming months, during lockdown we noticed an increasing number of visitors to the churchyard. Local residents and cyclists from other villages became aware of the small unassuming building on the edge of the village. Our inability to have our visitors book accessible has meant we have lost the record of people who visited in the last 6 months. If you have come to St. Michael's during that period you can always email us and we will enter your details: name, date, address (optional) and any additional comments you would like to make. Alternatively, you could text 0775 7980769.

To continue celebrating the local history of St. Michael's we are composing '*Stories from the Churchyard*'. Do come and read the first biography of the Cervantes expert, Dr Anthony Close. Biographies of those connected to the church are always sought so if you have a family story to tell, do contact us.

The church is now open most days 11-4pm so please do make use of this lovely space, whilst respecting the necessary guidelines.

Stay safe and keep well,

The Friends of St. Michael's Church

Onam – A festival celebrated in Kerala – A state in South India

Shola

Onam is a harvest festival celebrated by the people of Kerala, a state in the South of India. Though its origin is often attributed to aspects in Hindu mythology, Onam is celebrated as a cultural festival across all communities and religions in Kerala. The date is based on the Keralan Calendar and normally falls during the month of August or September marking the Keralan new year.

Onam is like Christmas for the people in the state of Kerala and is celebrated over 10 days. It is officially a public holiday in the state and everyone gets 4 days to celebrate. Onam celebrations include, a lot of competitions and games like intercity boat races, tiger dances and tug of war. Different dance forms like Kathakali (a dance form that originates from Kerala), Thiruvathira (a dance performed by women) and Kalari Paittu (martial arts originating from Kerala) are performed. On Onam day a special meal called “Ona Sadhya” is prepared and served on a Banana leaf. It is a nine-course meal that consists of at least twenty to twenty-five vegetable dishes. Several designs of floral carpets are made with different coloured flowers in front of houses. New clothes are often given as gifts called “Ona Kodi”.



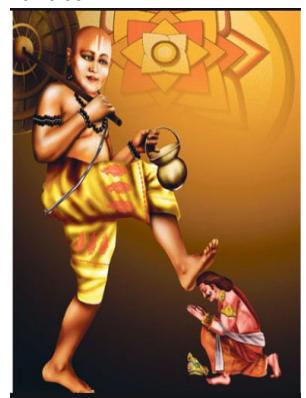
An Elephant procession is another awaited event of Onam. Elephants are decorated with flowers, ornaments and metals. They are taken across the town where it dances and interacts with people.

Story behind Onam

Kerala was once ruled by a very generous king named Mahabali. He ruled without discrimination, and everybody was honest, healthy and happy under his rule. He had the strength of a hundred lions, but he was also as gentle as a lamb. Mahabali also temporarily possessed the nectar for eternal life, which allowed his associates to bring him back to life after his death in one of the wars making him immune to death. Even though Mahabali was a kind and devout ruler, he was very ambitious and wanted to rule all three realms: the earth, the underworld, and the heavens. He waged war against *Heaven*, and won. The *Devas of heaven* appealed to the ruler of Heaven Lord Vishnu to help them defeat Mahabali.

During the *ritual oblation*, King Mahabali has promised to grant anyone in his Kingdom anything they requested. So, Lord Vishnu descended to Earth disguised as a modest, little person, named Vamana. King Mahabali asked him to request anything he liked. But Vamana requested nothing but three footsteps of land from Mahabali.

As soon as Mahabali agreed, Vamana began to grow exponentially. His first step covered all of heaven and his second step covered the all of the earth. Vishnu then asked Mahabali where his third footprint should land. Mahabali then lowered his head and offered it to Vishnu to place his third step upon. Vishnu impressed with Mahabali's generosity allowed Mahabali a last wish. Mahabali asked Vishnu if he could return to Kerala once a year to see his people. Vishnu granted Mahabali's wish, and so it is during Onam each year that Mahabali's return is celebrated in the form of Onam.



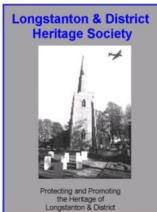
FREE VOUCHERS FOR TRAVEL

New households are entitled to claim a £50 voucher for walking or cycling equipment, a one-month bus pass and free cycle training for children and adults.

Each benefit is only available for the initial home occupiers at a ratio of one of each type of benefit per household.

Visit <https://www.northstowe.com/travel> to claim your free vouchers!

LDHS NEWS - NORTHSTOWE November / December 2020



LDHS REVIEW

After more than a decade of archiving the histories of Longstanton, RAF Oakington and Oakington Barracks the Heritage Society finds itself at a crossroads. With notable successes such as the formation of the LDHS Archives, achieving Grade 2 listed status for the rare

Oakington pillboxes and our contributions to the Heritage Working Group, local schools and other organisations, we have achieved a lot since we launched in 2007. However, with both the outline planning stages for Northstowe and the current governance review nearing their conclusions, the role of LDHS needs to be reviewed to make sure the Society is best placed to meet the future heritage requirements of our communities.

We need to ensure that our archives are not only protected but that our digital archives are more widely accessible. Whilst we wait to see when/if the phase 2 commitment for display and storage of LDHS archives will be met, we have to plan the Society's future. We simply cannot wait indefinitely for this commitment to be fulfilled.

However, the most serious threat facing the Heritage Society is the lack of people willing to actively help share the considerable workload involved with running the society and safe-guarding our unique archive. Volunteers are urgently needed. If you can help and have computer / admin skills please do contact us as soon as you can. For further information please visit our website and Facebook page. Alternatively, please contact the Secretary at ldhssec@hotmail.co.uk or by telephone on 01954 782560.



*Left: Squadron Leader Des Butters and crew
RAF Oakington 1944*

This year, the country and many local communities held commemorations to remember the 75th Anniversaries of both VE Day and VJ Day. Of course celebrations were constrained because of the current pandemic. It is worth remembering that both phases 2 and 3 of Northstowe are destined to be built on the site of RAF Oakington. The LDHS Archives have been created to provide a record of this period of the Northstowe's history.

The world has changed beyond recognition since the war but this nation owes a debt of gratitude to the wartime generation and we hope that RAF Oakington and the LDHS Archives will hold a special place within the hearts of Northstowe residents. The town has an exciting future ahead of it but its past is unique and should not be forgotten.

MEMORY LANE WHERE, WHAT, WHAT AND WHY?



The photograph in the last newsletter was of Station Road looking towards Longstanton railway crossing. The station can be seen on the left and the old Railway Tavern pub is on the right. Estimated date: 1906?



Hilary Stroude (Secretary)

Hilary Stroude, 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

Northstowe sustainability group

We have recently set up an (for now) informal residents group looking into various sustainability issues in Northstowe. We had a very productive kick off meeting on 23rd September and discussed lots of great ideas such as: food waste, wildlife friendly gardening, cycling and cycle paths, community re-fill station with household and food products, share library and repair café, and habitat management.

If you are interested in knowing more about it, you can send us an email at sustainable.northstowe@outlook.com. We also post minutes and updates on the Northstowe Pioneers Facebook page.

HELLO FROM HOUSE BY URBAN SPLASH - WE'RE THRILLED TO BE YOUR NEW NEIGHBOUR



Over the last few months, you will have seen construction work taking place to build our new sales office, the House Pavilion. This is where we will call home for the next few years as the newest arrivals at Northstowe, and it's a little bit different, just like us.

We are so excited to be a new neighbour and part of the community, and we hope you can pop by and say hello. At the moment, of course, you will need to book due to the current safety restrictions in place. For now, here are some photos so you can see what's inside.

It also marks the official launch of sales for Town House on phase one, called the Peninsula. We had a packed-out first sales weekend with pre-arranged appointments. Customers experienced our state-of-the-art combined reception and multi-media exhibition space which showcase our customisable Town House homes and vision for Inholm, next to the proposed new town centre.

We are looking forward to welcoming more customers over the coming weeks and months. Online viewings can be made at housebyurbansplash.co.uk/inholm where customers can use our online House configurator and find out more about who we are and what we are about - including our Japanese partners!

In other news, we've also been busy fully furnishing the apartment for the special needs school, to support the Martin Bacon Academy at Northstowe Secondary College as our immediate neighbours. We were able to call on some professional contacts in our network to complete the project, including two sofas from loft-interiors.com and white goods gifted from online electricals retailer AO.com.

And finally, have you met the House construction team yet? They are on-site most days in the black portakabin next to the Pavilion. So you can put a face to a name here is who you are most likely to meet left to right (below)



We look forward to seeing you around and will keep you informed of any big milestones including the first homes being delivered (yes delivered) to Inholm, hopefully before the end of the year...

IMAGE 1: L2R: David Attfield, Commercial Lead and Andrew Cross, Project Lead



Supporting each other, and especially young people, through lockdown

Living through lockdown hasn't been easy for anyone. But for our young people, at a crucial stage of social development, the recent months have been especially hard. For some, this might lead to a withdrawal into themselves. For others, these feelings might lead to challenging behaviour. But either way, some simple approaches and early intervention can make a difference.

Even before the pandemic struck, reports were showing that one in eight young people had been identified as having a mental health condition (NHS Digital, 2018). This might include conditions such as anxiety, depression, an eating disorder, bipolar disorder, and conduct disorders. It is also important to note that 75% of mental health conditions develop before the age of 18. Pre-covid 2020 Research from the Children's Society (<https://www.childrenssociety.org.uk/what-we-do/resources-and-publications/good-childhood-report-2020>) suggests that whilst the vast majority of children are happy with their lives, somewhere between 10 and 20% of children report being unhappy with their lives.

Connecting young people with youth leaders can be a vital part of the support network that's needed to enable all young people to look after their mental health and well-being. But there are also things people – of any age! – can try at home.

How about this "menu" for daily support of good mental health?

When to look for outside help:

Here are a few key signs to look out for that may indicate it is necessary to encourage a young person and their parents or carers to seek further professional support:

- Sudden or prolonged changes in behaviour
- Changes in sleeping and eating patterns
- Unable to engage in activities they once could/enjoyed
- Isolation and withdrawal
- Unhealthy coping strategies
- Neglect of self

Places to go for help:

- Childline (0800 1111):
- Papyrus (0800 068 41 41):
- Young Minds: youngminds.org.uk/find-help/for-parents/
- Your local GP

Six ways to well-being

Taken from the Children's Society booklet "Exploring Mental Health and Well-being, 2020

Connect:

It often starts with a conversation and relationship. If somebody is struggling to cope with how they are feeling, talking to someone about it is one of the most important things to do. That someone could be a teacher, school counsellor, youth leader, doctor, or parents or carers.

Be Active:

We know that being active is one of the best things we can do to look after our mental health. This doesn't just have to be in the typical way; there are lots of different ways that we can make sure we are getting our bodies moving and boosting the 'happy chemicals' in our brain.

Take Notice:

Spending time taking notice of the things happening around us can be a really helpful strategy, especially when we find ourselves worrying about the past or the future. Spending time focusing on the present moment and practicing gratitude for the things around us can be a great way to take notice of the positive things in our lives.

Keep Learning:

Learning new skills and hobbies can give you a sense of achievement and a new confidence. Find the things that bring you joy and keep learning more!

Give:

Research has shown that actions to help other people have a huge positive impact on our own well-being. It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Be creative:

Being creative and engaging in play have also been identified as important aspects of our well-being. Engaging in artistic, music-related and play activities are a great way of adding enjoyment into our daily lives and help us to feel positive.

Introducing Jess Hay

Hey, my name is Jess. You might see me out and about in Northstowe working with the young people, in partnership with several local groups, so I wanted to introduce myself. I am doing a year out with Cambridge Youth for Christ, and on placement here with the young people in Northstowe and Willingham. I am originally from Preston: Cambridge is the furthest south I have ever actually been. I decided to do the youth work year out scheme after I had an experience with a youth leader who helped me get through some of my hardest times. I want to bring some of the same encouragement and support to other young people, especially those struggling with issues around Mental Health.

I've already met some of the Northstowe young people at events and online. I'm also enjoying getting involved with Pathfinder Primary, working alongside Revd Beth. And we're working with Active New Communities to help put together the half term Activity Trail. Covid-permitting, I'll be helping out on the Wellbeing stall on the final day. Hope to see you around!



Longstanton All Saints Church

This a warm 'hello' from Rev'd Lucy Cleland, the new Team Vicar in Longstanton, bordering Northstowe. I arrived in August having headed south from the Yorkshire Dales. I join the 5folds group of churches which includes Northstowe, alongside Longstanton, Over, Swavesey and Willingham. It will be good to meet people face to face as I am out and about in the area. Feel free to say 'hello' if you spot me walking, cycling or running along the footpaths, tracks and lanes. Perhaps our paths will overlap before long as we venture out more, whilst lockdown eases.

In the churchyard at All Saints', we have 5 prayer cards based on the five senses (vision, sound, touch, smell and taste) placed around our outdoor space. They are there for anyone and everyone to use as guides for reflection and prayer. Each contains a bible verse, some thoughts and some prayer suggestions. They could be used either outside where they are placed (they are reasonably private) or they could be photographed with a smartphone and used in a different location. All of the details are on our Facebook page (search: All Saints, Longstanton). Or watch the video at: https://youtu.be/_nHeejFa9Xc

Our children's activities will continue to meet online until we are able to meet in person once again. So if you'd like to join Jigsaw (children up to 11 years) on Sundays, Mini Jaffas (children up to 5 years) on Tuesday mornings or Rainbow Baby club (bumps and babies up to 12 months) please contact Susan Meah 07704 377051. On Sunday evenings at 9pm, you are welcome to join us via Zoom for a short traditional service called Compline. Please contact Susan Meah for the Zoom link.

Bin collections

Report missed bins at:

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

Thursday 29th October black bin

Thursday 5th November blue and green bins

Thursday 12th November black bin

Thursday 19th November blue and green bins

Thursday 26th November black bin

Thursday 3rd Dec blue and green bins

Thursday 10th December black bin

Thursday 17th December blue and green bins

At time of printing Christmas bin collection dates have not been confirmed





Pathfinder Church, Northstowe

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

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

www.northstowe.church

November's Season of Remembrance

All the local churches buildings hope to remain open regularly throughout the week for anyone who wants to stop in private to pray or remember, and will be offering online resources even if we can't gather in person.

ALL SOULS: Traditionally, 2 November, All Souls' Day, is when we stand together with those who are grieving, prayerfully naming those we have loved and lost. This year, local churches are working together to share an online All Souls service on YouTube.

REMEMBRANCE: If we can't physically gather at the war memorials, you will be able to watch a YouTube service, including wreath laying, filmed on location in Longstanton, Northstowe, Willingham, Swavesey and Over.



Christmas isn't cancelled!

This year, Christmas isn't going to look the same. But it still matters that we find ways of showing our love for those around us. And perhaps this year, more than ever, we will find hope in the love-story of God himself turning up in the messiness, hardship, and confusion of human history. Then, even though we may be apart, we might find comfort knowing that we are NOT ALONE.

Here are some ideas that you might like to try:

- Can you find a way to virtually share the opening of presents with family or friends? Take time to enjoy each other's pleasure, even from a distance?
- Find an online/in person Christmas service that suits you and your family and find out more about the Christmas Story. We hope to join our sister churches offering special Advent and Christmas services, including a Northstowe Midnight Communion around the Campfire – even at social distance... but if legislation prevents this, we will still find ways to mark this most special season with prayer, music, and readings online.
- Decide not to exchange gifts just with family and friends but also give some money away to a charity that benefits others.
- Get some fresh air or find a quiet spot at some point on Christmas Day to give yourself time to reflect on the need of the world for the love and peace that Jesus promises. (And challenge yourself to follow in Jesus' footsteps by being an influence to love and peace.)
- If you are using a crib scene, leave the baby out of the manger until Christmas Day, then find a special moment to add him to the scene.
- If you made a Christingle at school or in a service, or used our Christingle-at-home resources, light it and think about the symbolism: the fruit and sticks for the natural gifts of all four corners of creation; the red ribbon for the love and forgiveness brought by Jesus; the candle for Jesus the Light of the World.
- Light a candle as a prayer for those for whom Christmas is a difficult or sad time.

Revd Dr Beth Cope is your local vicar, available to talk through the Big Questions of life, as well as for weddings, baptisms, and funerals whether you are a regular churchgoer or not. Contact her at Church House, 6 Woodpecker Close, Northstowe (01954 261 181) contact@northstowe.church



CAP online kickstarter group

(Combining life skills and job club) running Tuesdays 10:30am-11:30am

Want help with looking for work (perhaps after some time of not working)? Or want to learn how to manage practical life areas? Christians Against Poverty (CAP) in North Cambridge are running an online Kickstarter group for you. To register, send an email to jo.scoones@gracechurchcambridge.org who will send you the Zoom link.



The format: 10 minutes of icebreaker, 10 mins of the subject, then into breakout groups to discuss, at the end we are having a thought for the day which people will have the opportunity to opt out of.

The topics:

- 3rd Nov Face to Face TBA
- 10th Nov 'Looking after our mental health'
- 17th Nov 'Finding work and landing the ideal role'
- 24th Nov 'Handling Loss'
- 1st Dec Face to Face TBA
- 8th Dec 'Lifting financial pressure'

(Face to Face sessions would be organised locally in Northstowe/ Longstanton, and might involve groups of six or less playing football, going for a walk, or doing a craft)



Will Coronavirus spoil Christmas?

If you are looking for a God-sent forecast on how Coronavirus will progress or what the government will do, I'm afraid this article will disappoint you. I don't have any word from God on what will happen in the coming months.

But what if it all goes as badly as it looks like it might, with rising cases and deaths, and more and more of life locked down? What if this Christmas we are not able to gather with wider family, not able to party with friends, not able to gather for school plays or carol singing? Will Coronavirus spoil Christmas in that case?

At the heart of Christmas is a wonderful reality that not even the worst virus and the most stringent restrictions can take away. Now that doesn't mean I won't be really disappointed if our Christmas is without carol services and family get togethers. I'll miss those good Christmas celebrations, which are reminders that humans are made for more than mere existence.

But the heart of Christmas is the message that life has broken into this world of death, that light has shone into the darkness. God has shown up as one of us: Jesus. And because of that reality, joy leaps from eternity into the hearts of all who receive Jesus. Peace is proclaimed. Hope for full life without end is given with certainty. So not even the worst virus and the most stringent restrictions can totally spoil Christmas. Because the light of Christ shines brightly in the darkest of days.

Whether we (Emmanuel) are meeting physically or only online, we welcome everyone to join our Christmas celebrations.

Details will be on our website in December:

emmanuelchurchnorthstowe.org

Josh Monteiro (Pastor)

josh.monteiro@emmanuelchurchnorthstowe.org



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Introducing The Wing Dragons!



Once upon a time there was a Dragon...

Nobody knew where he came from, but he set up residence in Northstowe. His new home, *The Wing*, had been quiet at first but slowly he was making friends. New groups were arriving all the time. Some were there to meet friends and drink coffee, some to play table tennis, others to borrow books or play Xbox. You could say it was a thing.

The Dragon looked on pleased...

His new residence was at the heart of the community in Northstowe. For years he had wandered, aimless and unwanted. Now new sparks were igniting in his nostrils. "Here, in Northstowe I have found my purpose, it is my destiny". Plans were forming "things ARE happening in Northstowe" he thought.

Alas, it so came to pass...

A great pestilence, covid-19, swept through the land. A decree was sent: everyone must stay home and save lives. The Dragon dutifully sealed his new lair. What to do now?

At first he slept...

Spring came and went. Then followed summer. The Wing was silent. The Dragon, with little else to do, nested and bred. As the autumn leaves began to fall, having mastered the mysteries of Zoom and Teams, he made contact with the outside world. With his new family, they planned and plotted. Documents were written and circulated, emails were sent, Zooms were er.. Zoomed (?) and a new plan began to stir...

Watch out for more.... The Friends of the Wing a.k.a The Wing

Dragons were formed as a community group just before lockdown. We are putting together a plan to involve lots of YOU in making the wing YOUR community space as the facility re-opens. We are particularly interested in anyone who would like to be involved in an art project that we are planning. This will be supported by a number of local organisations and a professional artist. Interested? Please get in touch with Jon (jon.london@scambs.gov.uk).



Find out more about The Wing at : <https://www.scambs.gov.uk/community-development/northstowe-community-wing/>

The Community Wing is managed by South Cambs District Council, overseen by a multiagency Wing Management Board. Friends of the Wing exist as a community group to promote and support The Wing's role in building community here in Northstowe and to act as a conduit between the community, Council and Management board.





giving
nature
a home

An update from Fen Drayton Lakes

Visitors to Fen Drayton Lakes between spring and autumn will likely have seen at least one of the cattle herds grazing around some of the reserve lakes. This grazing is one of the most important tools at our disposal for managing our wetland habitats and mimics the actions of large, native herbivores that would once have been common.

Cattle eat by wrapping their tongues around grasses and other vegetation and pulling it up in clumps. This creates an uneven, patchy sward consisting of tussocks and differing plant heights. They are also good at trampling the lake edges to create mud and small pools and pushing their way through denser scrub to create open areas. By grazing the wet grassland around the lakes with cattle we provide suitable nesting habitat for breeding waders such as lapwing and redshank, as well as maintaining the areas for wintering waders and wildfowl.



Cattle on Ferry Mere – Simon Freedman

September is always a good month for bird watching with many migratory species on the move. Regular birders at Fen Drayton Lakes were rewarded for their efforts this year with several good sightings including whinchat, spotted flycatcher, wheatear, redstart, wryneck and osprey.

Away from the briefly seen migrants, wintering species are starting to build up with wigeon and teal once more on site. Bittern have also been seen more regularly on Elney and in flight between lakes.

Volunteering

Whatever your interests are, there is likely to be a volunteering role to suit. For information about volunteering opportunities at Fen Drayton Lakes, please get in touch.

Email: fendraytonlakes@rspb.org.uk

Phone: 01954 233260

Visit [rspb.org.uk/
fendraytonlakes](http://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

The personal highlight of autumn so far was a Barn Owl flying over the garden, after which it called from the unoccupied houses on Stirling Road. There is a strong local population of Barn Owls and the fallow, undeveloped areas are excellent places for them to hunt.

The garden itself has done well for wildlife. Via collected seeds and an excellent wildflower nursery near the Norfolk Coast (Natural Surroundings, between Cley and Holt) I have several native wildflowers along with the ‘proper’ garden plants. Butterflies, moths and other insects have taken well to these and the bees have made use of the cored-out logs by the pond. The newts are under the logs, having left the pond and the damselfly larvae are growing well in the pond, where they’ll stay until next spring.



Kingfisher Pond has vegetated up strongly, with both pros and cons for wildlife. It looks very good now, with nesting Mallard and Moorhen, water vole, newts and a range of dragonflies that all benefit from some emergent plants. It won’t stay that way though as



more open water will be lost as the reedmace spreads and shading and leaf-fall from the young trees will reduce the value for dragonflies. Finding a balance between these and a means to control the reedmace will be needed. Does anyone have a small boat?

Despite the works around the Phase 1 lake the ducks have stayed and hopefully they will once the paths are open. Phase 2 lakes are less disturbed and a goodly proportion of the local Greylag Goose flock (about 200) have been noisily commuting between there and the surrounding fields recently, sometimes joined by about a hundred Mallards and some wading birds stopping off to feed as they migrate south.

Hello everyone from the Neighbourhood Watch group here in Northstowe.

We are continuing to meet on-line for meetings every other month to discuss issues of community safety. As in any community there are issues of concern that crop up such as anti-social behaviour and vandalism and it's good to see Northstowe residents highlighting problems on social media for support, warnings and advice. Keeping the community as safe as possible is always going to be more effective if we all work together and link in with the police where needed.

It's important for the Neighbourhood Watch group to be a positive group, looking at enhancing our community and supporting each other. Our recent discussions have been about linking in with the different public services to improve communication and highlighting what is concerning Northstowe residents - lighting, security and what can be done to tackle/prevent anti-social behaviour occurring.

It would be great to have more people in the group - if you are interested you can contact us via our Northstowe Neighbourhood Watch facebook page or e.mail us at: northstowe.nwatch@gmail.com. Even if you don't want to commit to being part of the group, any comments or ideas are very welcome.

If you are thinking about optimising your safety the Neighbourhood Watch national 'Our Watch' website is a really helpful resource for advice about crime prevention - there is information about burglary prevention, scams, domestic abuse etc. and is worth taking a look at. www.ourwatch.org.uk

As Christmas is approaching here are a few tips to think about

Deter crime - use light timers, motion sensors, keep curtains closed at night, keep presents out of sight of windows, don't hide spare keys outside.

Mark your property with UV pens so if they are stolen they are easily identified

Hide evidence of what you have bought - e.g. don't put all packaging in the bins at the same time.

When Christmas shopping shield your PIN at cashpoints, don't use your mobile phone in the street, don't park in dark side streets, don't leave shopping on view in your car.

Consider registering your property on the Immobilise website (immobilise.com) - this can allow the police to reunite owners with stolen property more quickly and effectively.

We wish you all a happy and safe
Christmas!

Lorraine



Do you want to see more sports and activities happening in Northstowe?

Do you want to help others to be more active?

We need your support to make it happen!



We are looking for people to get involved in shaping the future of sports and physical activities in Northstowe - Would you like to get involved as a volunteer on the Northstowe Sports & Wellbeing Group or do have an interest in leading a particular sports activity or getting some coaching qualifications? Christine Spowell from Living Sport is working with the Sports & Wellbeing Group to set up new opportunities based on feedback from residents and they would love to hear from anyone who has ideas or wants to get involved.

Please contact Christine on info@activenewcommunities.com or the Committee northstoweswgroup@gmail.com

There's lots of interest from the community to set up a **badminton club** in Northstowe. The Sports & Wellbeing Group are working hard to form a new club affiliated to Badminton England and hopefully by the time this issue is produced the club will be up and running at the new 4 court sports hall at Northstowe Secondary College, keep an eye on Facebook for more info or contact [nouthstoweswgroup@gmail.com](mailto:northstoweswgroup@gmail.com)

If football is your game there are weekly **football sessions** run by Kickstart Active Life at Northstowe Secondary College, these are recreational sessions and being delivered in accordance with both The FA and Government COVID-19 guidance, see details below:

Youth Football Reception to Year 6 - Saturdays 10:00-11:00 £6 per session

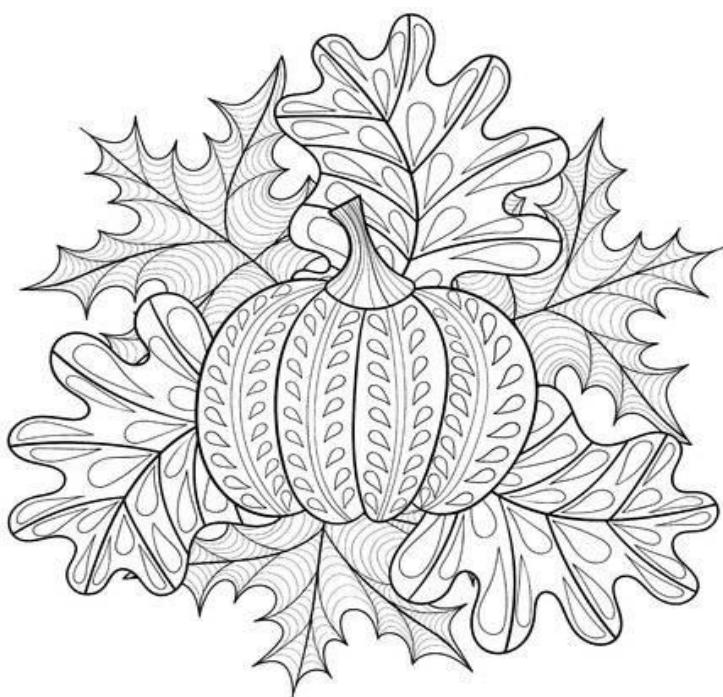
Adult Recreational Football - Mondays 19:15-20:15 £6 per session

To book and for more info contact: George@kickstartactivelife.co.uk www.kickstartactivelife.co.uk

The weather may be changing and we have less daylight but if you have some time in the day or at weekends there are some really good **cycling routes** to explore the local area. If you are looking for ideas we have come up with some local routes which range between 6-12 miles and also highlighted some shorter loops around Western Park and out along Rampton Road. These routes offer a mix of traffic free tarmac, off road bumpier bits and short sections on roads - there's a route suitable for everyone. We have also produced a fun resource aimed at younger cyclists with a few challenges and activities you can do along the route! To find out more about the routes and to download a copy of the resource visit <https://www.activenewcommunities.com/northstowe>

Please get in touch: Facebook @ActiveNewCommunities Twitter @Active_NC

Living an active lifestyle helps you to feel healthier, happier and more connected.



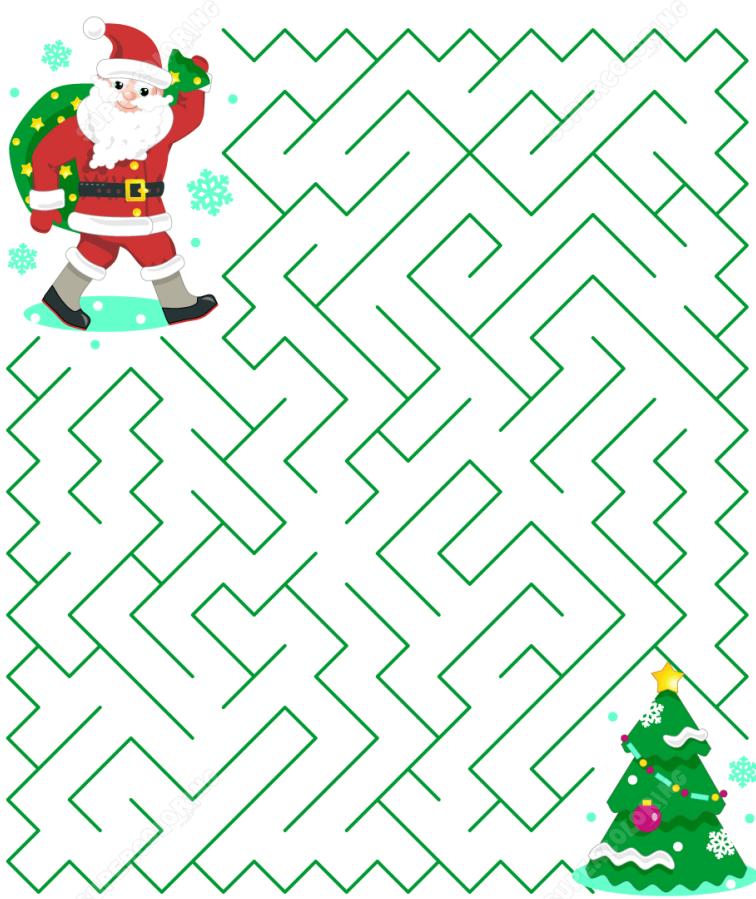


Firework Wordsearch



FIREWORKS GUNPOWDER GUYFAWKES
 SPARKLER ROCKET BANGER BONFIRE
 ROMAN CANDLE FUSE SMOKE

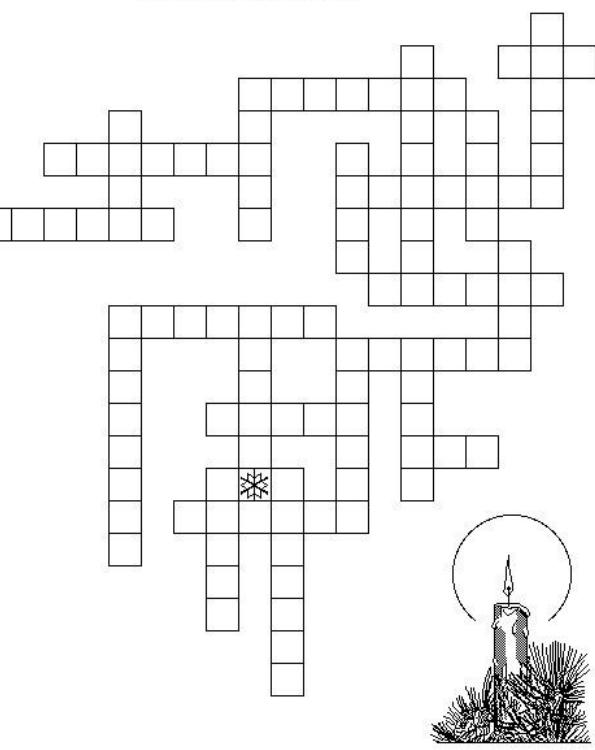
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Christmas Crossword

Make all the words fit into this crossword.
 Each word is only used once.

ELF
 TOY
 GIFT
 BELL
 TREE
 STAR
 SANTA
 COMET
 CUPID
 VIXEN
 CANDY
 FROSTY
 WREATH
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 SLEIGH
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③ Find a tree! Use your ribbon or string to attach your decorations to your favourite tree.

② Attach the ribbon or string by either tying it around your decoration or by cutting a hole and threading it through.

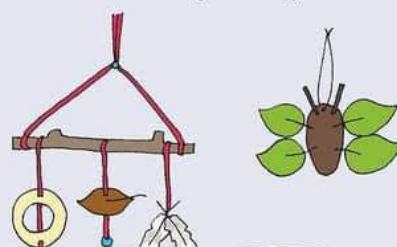


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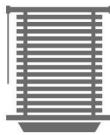


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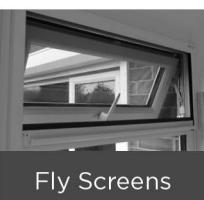
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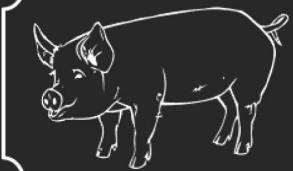
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Thomas Daniels
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You can still get Advice during Covid-19

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

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

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

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

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

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

Clients in need of a **Foodbank voucher** should call or e-mail us. We can send a code-only referral to a mobile phone so there is no need for us to print and you to collect a voucher.



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WE ARE BACK!

We would like to thank all our customers for your patience during Covid-19



"Great service and good price on labour charges, will be going back!"

...I was well informed of how they carried out the work. Clean tidy working environment, Recommend this place highly!"

Source - google review



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