

Northstowe News

By Northstowe Community – For Northstowe Community

Issue 26

April / May 2023



News and Updates

EDITORS' WELCOME

It is spring time in Northstowe! (Even though it is snowing as I write this...)

Coming soon, up and down the country there will be street parties to mark the Coronation of King Charles III. I'm sure there will be celebrations in Northstowe as well: are there any happening on your street? If there aren't – yet – it may not be too late to start planning! Why not have a word with people living near you, or maybe there's a neighbourhood WhatsApp group? After all, it's always good to make connections.

This issue we've got lots to read about social events that have been going on in Northstowe, and especially at the Warm Hub with so many community groups helping out and contributing. We especially look forward to having the new community building which is to be situated near The Green, so social events can really be at the centre of Northstowe again – literally as well as metaphorically.

Want to advertise in Northstowe News?

Over 1300 copies of each issue are delivered, a free magazine to every residence in Northstowe. If you want your business to be included, contact janetpendrill@gmail.com for more details. Annual discount rates are available.

Advertising Rates Per Insert (*six issues annual discounted rate*)

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Front Cover photo by Elaine Atkin

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

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

HOUSEHOLD BIN COLLECTIONS

Thursday 6 th April	Blue and Green Bins
Saturday 15 th April	Black Bin
Friday 21 st April	Blue and Green Bins
Thursday 27 th April	Black Bin
Friday 5 th May	Blue Bin
Thursday 11 th May	Black Bin
Thursday 18 th May	Blue and Green Bins
Thursday 25 th May	Black Bin



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

CORONATIONS THROUGH THE AGES



Historiated initial 'D'(ominus) of a King being anointed and crowned.

The British Library, [38116 f. 35]

The institution of a royal coronation changed throughout the Middle Ages, from a recognition of the status quo to a solemn religious ceremony sometimes called the eighth sacrament. What is now the UK has an especially long history of coronations, beginning with the crowning of Áedán mac Gabráin as king of Dal Riata - an area encompassing part of the western coast of modern Scotland and the northern coast of modern Northern Ireland - on Iona in 574. It's not clear what form this coronation ceremony took, though it probably incorporated elements from the Old Testament such as anointing with oil.

The earliest British ceremony for which we have any description is the anointing of Ecgfrith by his father king Offa of Mercia (Mercia occupied most of the middle of modern England, bordering on Wales) in 787, which he probably did in order to secure the succession. He may also have taken inspiration from the Pope's anointing of Charlemagne's sons in 781; Charlemagne was a widely admired figure even within his lifetime as the first man to be recognised as emperor of the Western Roman Empire for 300 years.

The habit of anointing the heir to the throne as a king while his father was still alive survived in France for some time and was used once more in Britain: the coronation of the eldest son of King Henry I as "Henry the Young King". However, the Young King didn't survive to sit on his father's throne and, especially in the light of the familial strife between the two of them, the experiment wasn't repeated.

Over the course of the Middle Ages, more and more emphasis was placed on the coronation as ordaining the king as God's representative on Earth: a conception of kingship that was to be challenged during the Reformation and the Enlightenment.

Becca Edney

CHANGED OPENING DATE FOR HERITAGE FACILITY

Work is well underway on the eagerly anticipated, state-of-the-art modular building which will house the new Heritage Centre for Northstowe and Longstanton in Cambridgeshire. This will feature exhibits and finds from both major archaeological digs for Northstowe and the new A14 construction, and from the local area.

The centre was scheduled to open in the spring, however, the project has encountered supply and manufacturing problems that have resulted in delays.

The County Council's project manager and his team have been working hard with the specialist construction company they are using to resolve these. Unfortunately, this has caused the completion date to slip to summer 2023, but they look forward to bringing this facility to the residents of Northstowe and Longstanton.

LANGUAGE EXCHANGE CAFÉ

The language café launched on the 16th February during the Warm Hub. This will continue to run during the Warm Hub sessions on Wednesdays and Thursdays. The project celebrates the linguistic and multicultural diversity of Northstowe. Residents are encouraged to bring food relating to their culture to share with others, it offers an ideal opportunity for people with English as a second language to improve their conversational skills.

Northstowe Language Cafe



Who: everyone welcome including children
When: every Wednesday 9:30-12:30 and Thursday 6pm-8pm
Where: NSC 2nd floor gym area

PLEASE CLEAN UP AFTER YOUR PETS



Most dog owners are very responsible, and understand the importance of picking up after their four legged friends.

But if you see someone whose dog has fouled the pavements and they are not dealing with it properly, please politely ask them to clean up.

A reader has asked us to point out that this is increasingly a problem for Northstowe, as you may see for yourself in many of the green spaces. Children use these areas and as spring is coming they will be out playing – it is a health hazard, particularly for toddlers.

FUNDRAISING CAR BOOT SALE

The fundraising committee for Northstowe Secondary College are organising a car boot sale to take place on **Saturday 20th May**. Save the date!

DEFIBRILLATOR UPDATE

The defibrillator has now been professionally serviced and it is ready to be used. It is situated on the side wall of Pathfinder School (next to the school carpark). Please call the emergency services to be provided with the access code.



NORTHSTOWE TOWN COUNCIL

TOWN MAYOR, CLLR RICHARD OWEN



Hi Northstowe!

Following meetings with the CEO of ParkPlay, Rick Jenner, and Christine Sprowell from Living Sport, we've confirmed that we will be moving forward with starting ParkPlay this year, supported jointly by NTC and LPC! We're planning the sessions to be held every

Saturday morning on Western Park throughout the year. As you'll see elsewhere in this issue, we're looking to recruit a paid PlayLeader to run sessions and volunteers across the community to help - please get in touch with ParkPlay and the Town Clerk if you'd like to be involved!

In the last week of April (date TBC) NTC will hold its Annual Town Meeting. This is a great opportunity for you to see what the Town Council and its committees have been doing over the past year, along with community groups across Northstowe, as well as to ask any questions to us and other levels of local government. It is a critically important time for the town, with the first community buildings being delivered in the next few months and plans advancing fast for the next facilities, including the first stage of the Town Centre. We want to hear your views!

In January, we set our precept (the Town Council's part of Council Tax) for the next year. As Northstowe grows, the level of responsibility the council holds is growing, and the staffing needs have gone up. We have recently recruited a deputy Town Clerk, and will be hiring a part time Market Manager as the new market gets up and running. Despite these additional demands, we have managed our budget carefully over the past year, and given the cost of living crisis, we do not think it's right for us to ask residents to pay more. As a result, we have chosen to freeze our precept this year - NTC's part of Council tax will not be going up.

As always, if there are any issues you'd like to raise with the Town Council, please get in touch with either me (cllr.owen@northstowntowncouncil.gov.uk) or Mark, our Town Clerk (townclerk@northstowntowncouncil.gov.uk) - there is always a standing item for public participation at our council meetings as well, with Full Council meetings on the 4th Tuesday of each month.

Cllr Richard Owen, Town Mayor

park-play.com

Be a part of ParkPlay

ParkPlay is coming to Northstowe soon – get in touch to find out how you can get involved

#MeetMovePlay

ParkPlay welcomes people of all ages to have fun, move more and make friends every Saturday

To find out more go to park-play.com and to get involved email hello@park-play.com

#MeetMovePlay

TOWN CLERK, MARK NOKKERT

The market has landed; how shall we take this further?

Around the time you receive this Northstowe News edition, the Town Council will be busy delivering the third of its indoor markets (Sunday 26th March, 09:30 – 13:30). We did suspect that they might be popular, as in our survey from early 2022 96% of residents had told us that they would welcome a regular market in town.

Your initial thoughts provided in that survey have helped the Town Council to consider how to start this up and what kind of trade might be popular here. In advance of the weekly markets - which is still the ultimate aim we are working towards - the Town Council instigated the monthly indoor markets for the winter months, working in this with traders, Northstowe Foodies, South Cambs DC's Business Development Team, and a number of keen volunteers, to start off a market.

We were pleasantly surprised: with an incredible 664 people through the door in January (with 12 stalls) and 22 stalls with 727 people through the door in February, it looks like this does indeed fill a gap in need in Northstowe. We have also received some wonderful feedback:

- [Customer after 1st market]: "Very nice range of traders - looking forward to the next one"
- [Trader after 2nd market]: "Today was amazing. You weren't lying when you said bigger and better. Well done and thank you to all the organisers and volunteers."

The Town Council is keen to continue the market and to make sure we can establish the market as a permanent feature in town. We would welcome any thoughts from you, as resident, customer or trader, how we can make things even better - email us at markets@northstowntowncouncil.gov.uk with your comments and ideas. If you are a trader and are interested to join the market, then please sign up through this link: <https://forms.gle/vn4NotGMTnIshHxu7> - thank you!

Mark Nokkert, Town Clerk
(townclerk@northstowntowncouncil.gov.uk)



NORTHSTOWE WARM HUBS

Northstowe launched its Warm Hub beginning of January to help residents with cost-of-living crisis. As Northstowe is a new development and as it still doesn't have a community space, the warm-hub was also used as a hub for new residents to meet other fellow neighbours and also as a co-working space for remote workers.



During the last 3 months the warm-hub provided free refreshments to all attendees including hot drinks, squash, soup, biscuits and cakes. The warm hub hosted board games (thanks to the board games donated by Northstowe Gamers), Table-tennis, Chess, Mahjong, Language café, Dance taster sessions, Yoga and mindfulness. Cristina from My Yoga Corner ran a Support and Social Group for parents of young children. Well-being walks were also organised to and from the warm-hub. Jon Crisp, Waste Education manager gave a talk on how to minimise household waste and how to upcycle household items.

Hannah Rose Batchelor from Star Dance Academy organised the stay and play session and Aparna Nigam from HSN organised a Mandala art workshop during the half term which was a huge success with more than 100 attendees.

Message from one of the parents to Hannah:

"Dear Miss Hannah, I just wanted to say thank you and well done for the stay and play session yesterday. My daughter had a great time and especially loves seeing you. When we moved to Northstowe, she was one, and within three months, the pandemic hit. We had only managed to go to the community stay and play a handful of times before everything came to a halt. As such, I have not had the opportunity to take her to these events and share that with her, as I did for my older boys. Thank you for the opportunity yesterday. It was so lovely to see other mums and watch my daughter with her peers, not something I see very often. Thank you for all you do for our children and the wider community too. You are a real blessing."

Northstowe Town Council are in discussions to find ways how the Warm Hub could be extended beyond its currently grant-funded period which ends at the end of March (with thanks to Cambridgeshire ACRE for the generous funding allowance!), and to help bridge the gap until planned community facilities may be available in Northstowe later this year – keep an eye on our website or social media to find out more.

COMMUNITY DEVELOPMENT OFFICERS

Mihaela Stan and Michele Eidevik-Skinner

Northstowe Community Forum 29th March 2023

Northstowe Community Forum took place on 29th March at Northstowe Secondary College. It started with a Drop-in session at 6:30pm followed by presentations at 7pm by a diverse range of stakeholders providing updates on new and existing developments. The next forum is Wednesday 12th July.



Meeting with Northstowe Secondary College Student Council

The students talked about their likes, dislikes and future hopes for Northstowe. They were introduced to the purpose of the Forum and how it offers residents the opportunity to engage with planners, developers, and other guests. They were taught to read architectural plans and elevations, and how to take scaled measurements. A careers programme will hopefully be developed from this.

Community Networkers Meeting

The last meeting was held on the 8th March. Future events discussed were Hindu Samaj's Holi Mela planned for the 30th April, Emmanuel Church's 5th Anniversary Celebrations on the 29th and 30th April, and the King's Coronation. The next meeting is Wednesday 12th April.

Subject specific Drop-in

A Kickstart Fund drop-in was held at the Secondary College in February, which supports, not for profit new community groups and activities. Please email

Northstowe.community@scamps.gov.uk if you would like to discuss an idea.

Northstowe Allotments

We supported the Northstowe Horticultural Association on their Community Day on 4th February to work on the Community Orchard. Six more raised beds were built and around 30 fruit trees were planted. Likewise, it was wonderful to see such energy and enthusiasm from residents of all ages uniting forces towards a common purpose.

BPHA

BPHA have started a new drop-in session at Northstowe Secondary College; they will be held every second Wednesday of the month from 11am – 1pm. Residents can discuss concerns around tenancy, rent queries, reporting ASB, fly tipping and raising repair issues.

DISTRICT COUNCIL



Cllr Tom Bygott

Funding to improve walking and cycling routes

On 6 February, the Department for Transport announced £200 million of government funding to help councils make improvements that enable more people to choose active travel. Active Travel England has invited councils in England to apply for the funding. Schemes could include:

- creating more paths in rural areas
- developing safer routes for children to walk to school
- improved safety at junctions for people walking and cycling

Funding will also be used to support people in wheelchairs and mobility scooters by making street designs more inclusive. Projects will be designed in consultation with residents and businesses to ensure schemes are safe and work for local communities. The successful projects will be announced later this year. www.gov.uk/government/news/200-million-to-improve-walking-and-cycling-routes-and-boost-local-economies

St Ives Greenway

The Greater Cambridge Partnership has developed a strategy to create a network of Greenways to connect South Cambridgeshire villages with Cambridge along a series of corridors. These will extend footpaths, cycleways and in some cases bridleways in order to create more sustainable travel. The St Ives Greenway uses the Guided Busway to St Ives as a backbone to which nearby villages can be connected. More information, including a map is available at: www.greatercambridge.org.uk/sustainable-transport-programme/active-travel-projects/greater-cambridge-greenways

The connection to Rampton, along Reynolds' Drove, from the Rampton Drift crossing of the busway to Cuckoo Lane is an eminently sensible route that provides cyclists, especially those accompanied by children, a safe route through the countryside, without the dangers of busy traffic. I would like to see this followed up with a further connection onwards along the New Cut to Broad Lane in Cottenham.

However, a public consultation is currently underway until the 31st March 2023 on a connection between Oakington and Cottenham along the side of the main road, where cyclists and horse riders would rub shoulders with cars and trucks that are travelling at high speed. I am opposing this proposal on the grounds of safety and am proposing an alternative off-road route.

Black Bull Longstanton

open every day from 4.30 - 9.30

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Voter ID and Voter Authority Certificates

From 4 May 2023 voters will need to show photo ID when voting in person in some elections and referenda. Although this shouldn't really be necessary in a town like Northstowe, where there is a good community spirit developing, it is being introduced nationwide to combat fraud that has occurred mainly in urban areas where society has become more anonymous.

There is a list of types of Photo ID at:

www.gov.uk/how-to-vote/photo-id-youll-need

One of these is a Voter Authority Certificate, a special type of photo ID enabling an individual to vote in person at elections and referenda but which cannot be used as proof of identification for any other reason. Individuals only need to apply for a Voter Authority Certificate if:

- they do not have other accepted photo ID
- they no longer look like the photo on their ID
- the name on their photo ID is different to their name on the electoral register

More information can be found at: www.gov.uk/apply-for-photo-id-voter-authority-certificate

An application can be made using one of these forms:

www.gov.uk/government/publications/apply-for-a-voter-authority-certificate-by-post-if-youre-living-in-the-uk

www.gov.uk/government/publications/apply-by-post-for-a-voter-authority-certificate-if-youre-living-abroad-in-the-armed-forces-a-crown-servant-or-a-british-council-employee

Changes to battery recycling collections

Adjustments to bin lorries mean that small plastic bags containing used batteries can now simply be left on top of green, black or blue bins for collection by crews on their usual rounds. Previously, residents of both areas were asked to tie a small bag containing used batteries onto the handles of their blue bin. Now, they can simply put used batteries inside a small plastic bag, tie it up, and leave that bag on top of any of their three bins when they put it out for collection.

Most small common household portable batteries can be placed out for collection at the kerbside, including AAA, AA, C, D and button cells. Please do not include mobile phone, laptop batteries or those that are attached to a device. Search online for 'recycle small electrical items' instead.

Residents of flats with shared bins should not leave batteries on these but can take them to one of the many public battery collection points at corner shop chains, supermarkets, chemists and petrol stations as well as those at recycling points and Household Recycling Centres. The website www.recyclenow.com has a list of all locations. The nearest to Northstowe are at the Longstanton Co-op, the Co-op and the One Stop store in Willingham and Tesco at Bar Hill.

Cllr Tom Bygott

cllr/bygott@scamps.gov.uk

07765 475 513

CAMBRIDGESHIRE COUNTY COUNCILLOR



Cllr Natalie Warren-Green

Northstowe certainly keeps a District Councillor on their toes.

Positive developments are all around us. From formal Town Council Meetings to working with the Community Team and Delivery Team on plans for the Interim Community Building, to volunteering at the Northstowe Indoor Market in January and February, visiting the Warm Hub for its

planning meeting and running a session there with Cllr Firouz Thompson for International Women's Day, joining the Northstowe Horticultural Association to dug up weeds, work on raised beds, and plant trees, on their Community Day, to liaising with the planning team on behalf of residents, the work in the last two months has, for me, been largely positive, busy, and varied. Lots of join in celebration about and be privileged to be involved in.

And then there are the challenges to help steer Northstowe Residents through. Key themes arising from people engaging with me have been The Cost of Living Crisis, Support for Ukrainian Visitors, and dealing with Anti-Social Behaviour (ASB). Given these have been the most regular of things I've been approached about, here's some information and guidance to help you through the next couple of months:

Families to receive new cost-of-living payment this Spring and the first of five cost-of-living payments, worth £301, will be paid into bank accounts this spring. Over 6.5 million people on disability benefits will also receive a £150 payment this summer. Department for Work and Pensions (DWP) has also released a full breakdown showing recipients of cost-of-living and disability payments by council and parliamentary constituency. For more information see: <https://www.gov.uk/government/news/over-8-million-families-in-the-uk-to-receive-new-cost-of-living-payment-this-spring>

As part of the successful 'Homes for Ukraine' initiative, Hosts are still needed for guests already in South Cambridgeshire. Hosts are still desperately needed across South Cambridgeshire to support families who have already arrived from Ukraine, with hosts eligible to receive up to £500 a month as a thank you payment. Anyone who can offer a spare room and warm welcome is being asked to text ROOM to 88802 so the Council can support them through the process and match hosts to guests who have already started to settle in the local area.

Regarding ASB, at the South Cambs Community Engagement Meeting I attended, I questioned how the police can better support the reduction of dangerous driving and harassment that has been experienced in the ward, including by pedestrians who have experienced dangerous driving by some motorbike riders. Their advice is to please let them know when trouble is happening through the link scambscops@cambs.police.uk so that they have a register of issues. They want to know about any specific times that are worse than others for dangerous driving problems and they will arrange 'pass throughs' at these times of the week to show a presence. For any situation which needs immediate attention please call 999 for assistance.

Please do not hesitate to contact me with your questions, views, or issues. I can be contacted via this email: cllr.warren@scambs.gov.uk



Firouz Thompson

Dear residents, it's spring and so nice to have the lighter evenings return. I hope you are looking forward to Easter, the Coronation and most importantly the bank holidays.

Here is my summary of Cambridgeshire County Council (CCC) matters at the time of writing in early March.

Group Changes

Cllr Doug Dew (Hemingfords & Fenstanton) has left the Conservative Group on the County Council and joined the Liberal Democrat Group. The new composition of the Council with the added local by-election in The Eatons in St Neots which was won by the LibDem on Thursday 16 February: Conservative 27, Liberal Democrat 22, Labour 9 and Independent 3.

Budgets

Like three quarters of all councils in the country this year, Cambridgeshire County Council was forced to increase its portion of the council tax by 4.99 per cent, the maximum permitted. As a Joint Administration we faced up to the financial challenge facing the county which results from a legacy of poor choices by the outgoing administration, along with the failure of the Government for a number of years now to introduce a fair funding formula. Without this, we receive a much worse deal than many other councils, where we have had to make savings, we have done so carefully.

Community

Key themes for me locally has been to attend the Northstowe Delivery Group monthly meetings to ensure we are on track on what is to be delivered on the community buildings. With my Northstowe Foodies hat on, I am a member of the Northstowe Town Council Market working group and have assisted/volunteered with the 3 indoor markets, which have been a great success. With my community hat on, I have helped with the allotment volunteer day, run an International Women's Day evening at the Northstowe Hub with District Cllr Natalie Warren-Green and have organised events as part of the Northstowe Secondary College fundraising group.

Please do not hesitate to contact me, if you have any questions. firouz.thompson@cambridgeshire.gov.uk

County Councillor for Longstanton, Northstowe, Over, Oakington & Westwick
<https://www.facebook.com/longstantonoakingtonnorthstowe>

Cost of living crisis: helpful information and advice on a single webpage about schemes run by Councils and others can be found here: <https://tinyurl.com/39mj9hw>

NORTHSTOWE YOUTH HIVE



Introducing Emma

– Northstowe's New Youth Development Worker



We are excited to share that we have recently started working with Romsey Mill! Emma Whitbread is based here 3 days a week (Mondays, Wednesdays and Thursdays) whilst continuing her role in Cambourne for 2 days a week. Emma would love to hear from you if you want to know more about the work Romsey Mill or the Youth Hive do, or if you're interested in volunteering with us and helping provide opportunities for young people in Northstowe. You can email her at emma.whitbread@romseymill.org

NEW: Monday Afternoon Youth Café

The young people asked... and worked with us to make it happen! Over 40 young people (school years 7-11) came to the recent launch event for the new Youth Café at Northstowe Secondary College (3.30-5pm)! Watch our social media for latest updates on how this project is developing.



Thursday Pop Up Youth Club Update

It's been a tricky start to the year as mice damaged critical cabling in The Connections Bus Project Youth Bus. But, thanks to Northstowe Secondary College, we were able to reopen in the temporary space that will one day be a café. Watch our social media for news on where we are now!

What are we here for? And how can YOU get involved?

The Northstowe Youth Hive are here to help secondary-age young people from all cultures, religions, genders, sexualities, and backgrounds have fun, develop, and make a difference. Over the last year, we've been working behind the scenes to meet the immediate needs of young people, for example, by raising funds to bring in The Connections Bus Project, and we've started to plan for the future.

Might you want to get involved as we:

- Visit existing youth providers (schools, uniformed organizations, our own projects) to listen to the youth voice, identify the needs and assets in the community, and find ways to support the young people to feed this into developing structures.
- Recruit and train a pool of volunteers to work alongside professional youth workers
- Identify key partnership opportunities for youth providers to work together on projects too big for any one provider
- Support networking between youth providers
- Join professional and volunteer youth providers in responding to identifiable needs
- Research and, if appropriate, exploring the delivery and running of permanent youth facilities.
- Review these priorities regularly in accordance with Asset Based Community Development principles, responding and reshaping as the youth and community develop

If you are a young person, parent, potential volunteer, youthwork provider, or professional working in this area and would like to join the conversation please get in touch with youth@northstowe.info

More Youthwork Volunteers and Trustees (especially a Treasurer) needed

We always love to add more people to the team (with appropriate Safeguarding checks). Full training is available. Get in touch!

Email us on youth@northstowe.info or speak to Beth Cope (chair) or Elaine Atkin (secretary)

Independent Day School



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Sports, Health and Wellbeing

NORTHSTOWE CRICKET CLUB

Northstowe Cricket Club is our very own local cricket club for and run by the residents of Northstowe. The club was founded in the year 2021 and since then, it has grown to become a respected and well-known cricket club in the area.

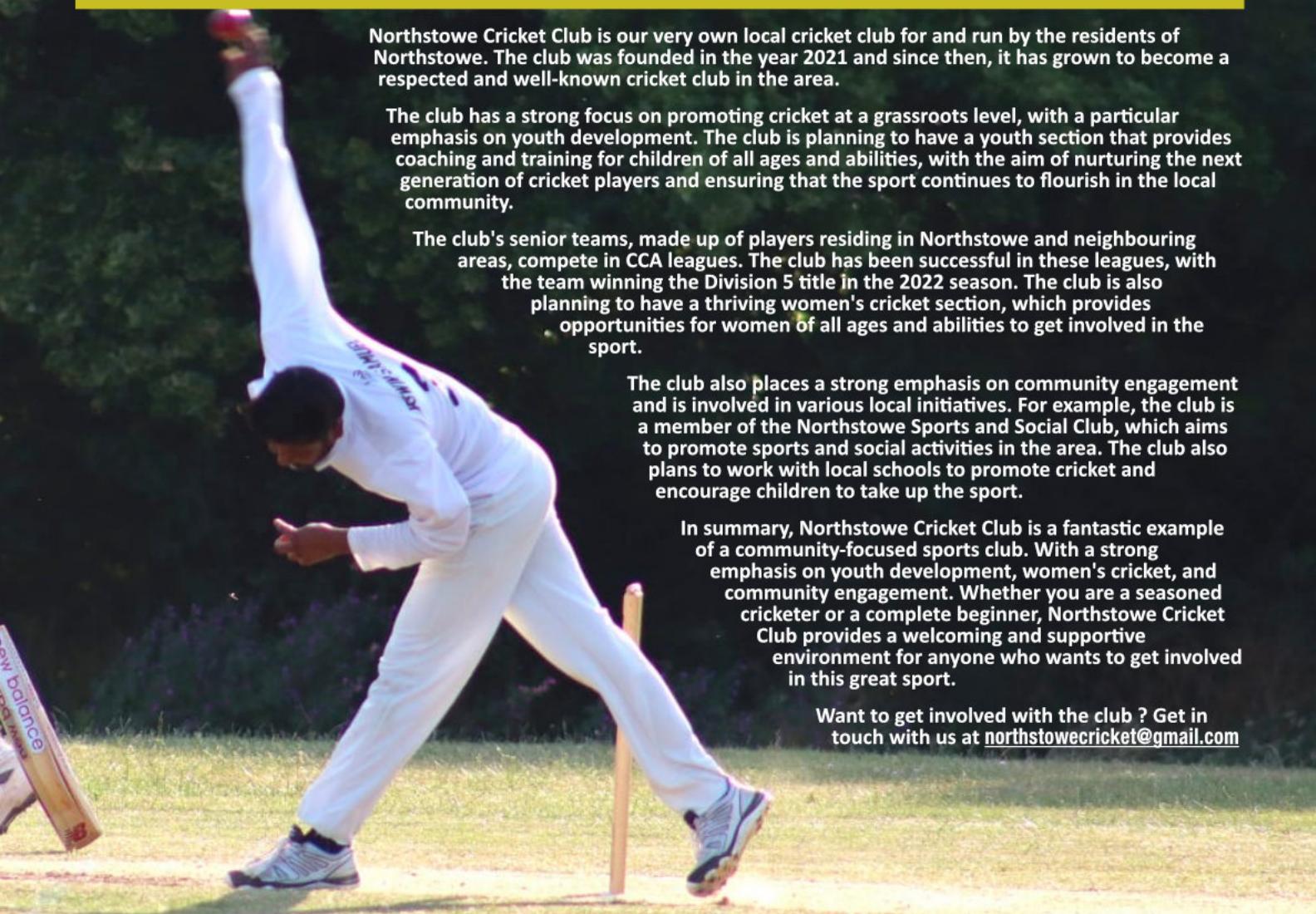
The club has a strong focus on promoting cricket at a grassroots level, with a particular emphasis on youth development. The club is planning to have a youth section that provides coaching and training for children of all ages and abilities, with the aim of nurturing the next generation of cricket players and ensuring that the sport continues to flourish in the local community.

The club's senior teams, made up of players residing in Northstowe and neighbouring areas, compete in CCA leagues. The club has been successful in these leagues, with the team winning the Division 5 title in the 2022 season. The club is also planning to have a thriving women's cricket section, which provides opportunities for women of all ages and abilities to get involved in the sport.

The club also places a strong emphasis on community engagement and is involved in various local initiatives. For example, the club is a member of the Northstowe Sports and Social Club, which aims to promote sports and social activities in the area. The club also plans to work with local schools to promote cricket and encourage children to take up the sport.

In summary, Northstowe Cricket Club is a fantastic example of a community-focused sports club. With a strong emphasis on youth development, women's cricket, and community engagement. Whether you are a seasoned cricketer or a complete beginner, Northstowe Cricket Club provides a welcoming and supportive environment for anyone who wants to get involved in this great sport.

Want to get involved with the club ? Get in touch with us at northstowecricket@gmail.com



STARTING SOLIDS (WEANING)

Would you know when your baby will be ready to start having solid food?

There are several signs that indicate a baby is ready to start solid foods; the following list compiles the most common factors listed on parenting websites, but beware, as they're not all true!

- Age: around 4-6 months of age.
- Head and torso control.
- Interest in food.
- Grabs food and takes it straight to their mouth.
- Wakes up more often at night.
- Loss of tongue-thrust reflex.
- Increased appetite.
- Chewing on fists.

Starting Solids Workshops



Evidence suggests the only key signs are:

- Head and torso control. A baby should be able to hold their head up steadily and sit upright with support. This happens in parallel with the stomach being ready to digest food other than milk.
- Grabs food and takes it straight to their mouth. They will be able to grab food (and car keys and phones!) before they are ready for solids - the key is being able to then take it straight to their mouth on purpose.
- Loss of tongue-thrust reflex. This is the reflex that causes babies to push food out of their mouths with their tongue. When a baby is ready for solid food, this reflex should have gone and they are able to swallow.

For most babies, all three will develop somewhere around 6 months of age.

Always keep in mind that breastmilk or substitutes should remain the primary source of nutrition for your baby until 12 months of age. It is important to continue offering it before meals, to ensure that your baby is getting the nutrients they need for growth and development.

Cristina,
Starting Solids Workshops facilitator at My Yoga Corner

COTTONHAM TENNIS CLUB

TENNIS FOR FREE & MORE

Cottenham Tennis Club has drawn up its spring summer plans, top of which is its annual Open/Tennis for Free day with activities for all ages. You don't have to be a member to attend but the club will be offering 10% off new memberships for anyone who joins on the day: Saturday 20 May, 2 to 4.30pm. If you sign up for a free coaching taster session you could be the lucky winner of a one-to-one tennis lesson.

The club is situated at the Sports Centre at Cottenham Village College. A special attraction at the Open Day will be a demonstration by Cambridge Pickleball of this popular new sport (which is described as a cross between tennis, badminton and ping pong). This is one of the activities requiring booking, see details below.

2023/24 annual memberships are now available. Prices remain low for the area, starting at just £10, and anyone needing help with fees can contact the club. For information about purchasing see website www.cottenhamtennis.co.uk

The grass courts at the Cottenham Recreation ground will be open for everyone to enjoy over spring/summer. Book from May via www.cottenhamtennis.co.uk for free.

Special for 3 to 4 year olds From 2 May to 11 July there'll be Tuesday pre-schooler fun sessions on these courts, a great first step into tennis! Available in two blocks, 10.15 to 11am: 2 to 23 May (4 weeks, £28) and 6 June to 11 July (6 weeks, £42). Contact head coach Toby Jackson on toby@gamesettennis.co.uk to book or discuss.

DATES FOR YOUR DIARY

(at Cottenham Sports Centre, CVC, unless otherwise stated)

April 3 to 6: Easter Camp: Ages 3-16. Book via www.gamesettennis.co.uk

April 22: Family Tournament, 2 to 4.30pm. £5 entry fee per pair (adult+child), pre-register with toby@gamesettennis.co.uk by 15 April. Refreshments and prizes. Details on the club events page.



Short tennis session on Cottenham Tennis Club family day, photo by Will Stockford

May 20: Open Day, 2 to 4.30pm. Activities for all ages! FREE coaching taster sessions which require pre-booking via www.cottenhamtennis.co.uk

2 to 2.30pm, ages 3-6
2.45 to 3.15pm, ages 7-11
3.30 to 4pm, adults rusty rackets
2 to 3pm, pickleball demonstration

PLUS Open Court with ball machine, target practice, serve speedometer, exhibition of walking tennis. No booking required, just turn up.

May 24: South Cambs School Sports Partnership Tennis Festival: for primary years 3 and 4.

July 16: Wimbledon men's final on TV at Cottenham Village Hall, from 1pm to be confirmed.

July 24 to 4 August: Summer Camp. Contact toby@gamesettennis.co.uk for details.

CARE TOGETHER

Care Together is a programme led by Cambridgeshire County Council in collaboration with our partners and local communities. The aim is to help more older people to remain living independently and happily in their own home for longer. It will change the way care and support for older people in the community is commissioned and delivered.



To ensure that it is helpful for you, we would like your participation in answering an online questionnaire:

<https://www.smartsurvey.co.uk/s/36MHL6/>

(or scan the QR code to access the questionnaire on a smartphone)



If you do not have access to the internet, please call 01954 286 002 or 07771 545 674 Monday – Friday between 9am – 2pm to request a paper copy or if you prefer to answer the questions over the telephone instead of on paper or online. Please leave a contact number if asked to do so. Outside of these hours paper copies can be requested via the email care.together@cambridgeshire.gov.uk.

HUNTINGDON LADIES HOCKEY CLUB NEEDS YOU!



New to the game? Returning after time away? Looking to take school hockey further? Join our friendly team for the new 2023/2024 season!

Trainings: Tuesday 7pm-8.30pm
Northstowe Secondary College

All skill levels welcome! 13 years +
Umpires also welcome!

Contact us for more information:
huntingdonhockeyclub@gmail.com



Northstowe Secondary College

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

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

Our Year 10's have got some big steps coming up, with their first GCSE exams in April. Staff and students are working hard to make the exams as successful as possible.

It has been great to get even more of our students out on trips and visits this year. Back in January, our DT Lego club headed to the Department of Engineering at the University of Cambridge for the FIRST Lego League Challenge where they went head-to-head against many other schools with a scientific challenge. Over February half term, some of our Year 9's and 10's headed to Falcade, Italy for NSC's first ski trip! Lots of wonderful memories were made as well as skiing skills improved. We are looking forward to our upcoming Year 7 residential as well as more trips in the Summer Term.



Trips and visits to help students learn outside the classroom are so important for young people, therefore our Fundraising Committee have been raising money for the Student Hardship Fund by hosting a variety of events, including a quiz night, a student disco, and a car boot sale.



Back in February, the Art department welcomed artist Nicola Burrell in for two sculpture workshops: one with our Year 10 GCSE students and the other with our Year 7 and 8 Arts Award students. They created some amazing sculptures!



Maths have been busy in Spring! 169 Northstowe students took part in the UKMT Intermediate Maths Challenge for the first time and are now preparing for the Junior Maths Challenge in April. Five of our Year 9 girls are also through to the semi-final of the Edge Hill University Maths Challenge following submitting an amazing poster for Round 1 in response to a question which challenged many including our maths teachers!

Finally, just before the Easter holidays, our performing arts department put on an amazing Easter Show on the 30th of March. We are so proud of our students and how talented they are. We hope our families also enjoyed the show.

INITIAL IDEA is when & after year 28 and used our knowledge of consecutive numbers to work out her age (aged 22, which got us to the sum 994). We decided to add 6 to 22 which got us to 28. When we then used to get us the sum of 1000, however denominators would be their proposing (because unitary)

TRIAL AND ERROR

we used: $m-n+1$

$$\frac{55+1}{2} \times 8 \times 125 = 1000$$

WERE MISS NUMERATOR OF 55 and referred at my denominator will be 40 when proposing

ANOTHER EXPERIMENT TO PROVE THE HYPOTHESIS

the sum of 1000 ages, the year 2010, then we worked find the denominator would be 50. I will be trying before the Easter and Spring EXCLUSION

I am trying to prove which Mr. Denominator is as old as me today. But the answer must be divisible by 50.

Professor Numerator's Wedding Proposal MORE PROOF

1-30 ARE IMPOSSIBLE I WILL BE ABLE TO TELL YOU WHICH MR. DENOMINATOR IS OLDER ME TODAY.

can't be of large range.

Final And Improvement

55	56	57	58	59	60
61	62	63	64	65	66
67	68	69	70	(16 NUMBERS)	

Final And Improvement

Other not much less than 5 or 6, then we would be more likely to prove up to 1000. I will be able to get the numbers, we will use 16 x 125 = 1000

This method FOR CHILD OR FOR CHECKING

It makes it easier to get the numbers, we will Simplify $(m-n+1) + 2 \times m$.

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

Easter Closures

The practice will be CLOSED on Friday 7th April (Good Friday) and Monday 10th April (Easter Monday).

Please ensure you have enough medication to last the long weekend and order your repeats no later than Monday 3rd April if you will run out over the bank holiday.

If you need medical assistance when we are closed please call NHS 111 or visit 111.nhs.uk.

Patient Participation Group (PPG)

The meeting on 4th April has been postponed and will now take place on Tuesday 18th April 7pm at Willingham Surgery.

The PPG brings together patients, GPs and staff from a GP practice. They meet quarterly to discuss issues relating to their surgery and the services provided to patients. This allows GPs and staff to work with patients to plan services which best meet the needs of the people who use those services.

Our PPG is looking for new members from across the patient demographic, particularly volunteers to act as secretary and minute these meetings. If you are interested please contact the chair Mr Chris Thornhill at crtthornhill@gmail.com or sign up at Willinghammedicalpractice.nhs.uk/practice-information/patient-information-group

A message from our Dispensary

Hello from your Dispensary team, who are based at the Longstanton branch surgery.

As a very small team you can imagine the volume of calls we experience. We ask patients to use the System Online service to order repeat medication as much as possible. You can also order repeats via the NHS App or deliver your paper copies into the surgery at Willingham or Longstanton to keep the phone lines open for enquires and queries. You can also hand in your repeat slips at the Willingham Pharmacy.

It has come to our attention that our phone lines are constantly ringing with no reply. This is purely because there is currently not an engaged tone in place and we will be on the phone dealing with other patients. Please be patient and we will assist you as soon as we can.

Can we also remind patients who are collecting larger items at Longstanton Dispensary to bring their own collection bags, so we can all try and help do our bit for the planet!

Our current turnaround for regular repeat prescriptions is THREE working days (This does not include weekends) so please be aware of this when ordering and give yourself plenty of time to ensure you don't run out of medication.

We help where we can with urgent orders, however this is always subject to stock availability so we cannot guarantee we can fulfil your prescription. In these circumstances we will advise on how to obtain your medication.

From the dispensary team we wish you a great start to the month and please call us on: 01954 207602 with any questions you may have!

Missed Appointments

In February 2023, **92** appointments were wasted as patients did not attend their appointment at Willingham and **27** did not attend appointments at our Longstanton Branch Surgery.

This included 5 minor operations which equates to 4.5 hours of clinical time lost, and has extended the waiting list for coils and implants even further.

In total it equates to **approx 20 hours** of clinical time lost, which could have been used helping other patients who struggled to get an appointment. To put this into context, it is equivalent to having 4 GPs working 1 full day, and seeing no patients at all.

Please cancel your appointment if it is no longer needed. This can be done either online, via the NHS app or by calling the surgery and selecting option 3 to leave an answerphone message.

Zero Tolerance

The Practice takes it very seriously if a member of staff or one of the doctors or nursing team is treated in an abusive or violent way.

All our staff aim to be polite, helpful, and sensitive to all patients' individual needs and circumstances. We respectfully remind patients that very often staff could be confronted with a multitude of varying and sometimes difficult tasks and situations, all at the same time.

Aggressive behaviour, be it violent or abusive, will not be tolerated and may result in you being removed from the Practice list and, in extreme cases, the police being contacted.

The following behaviour will be found unacceptable:

- Using bad language or swearing at practice staff
- Any physical violence towards any member of staff or other patients
- Verbal abuse towards the staff in any form including verbally insulting the staff
- Racial abuse and sexual harassment will not be tolerated within this practice
- Persistent or unrealistic demands that cause stress to staff will not be accepted. Requests will be met wherever possible and explanations given when they cannot
- Threats and intimidation of any kind
- Causing damage/stealing from the Practice's premises, staff or patients
- Obtaining drugs and/or medical services fraudulently

We ask you to treat your GPs and our staff courteously at all times.

Test Results

If you have not heard from the practice via SMS within 2 weeks of your blood test, please contact reception for your results. Please be aware some swabs and cultures may take longer to process.

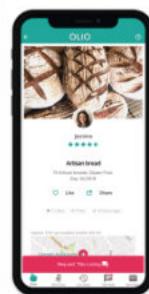
Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting on **Weds 5th April** at Willingham Surgery, where we will be holding a drop in meeting **between 2pm and 4pm**. Please come along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely **FREE!**

Meetings are held on the first Wednesday of every month at Willingham Surgery. Please contact Sue Lawson at the surgery or email her at susan.lawson7@nhs.net for more information.

Lisa Smith – Assistant Practice Manager– March/April 2023

The Community Pantry is now ONLINE!



OLIO is a free app connecting neighbours, community organisations and shops so surplus food can be shared instead of thrown away.

Volunteers are collecting food from the Coop's in Longstanton and Willingham 7 days a week and will be distributing the food via Olio.

Sign up today and join the food sharing revolution today!

SUSTAINABLE  NORTHSTOWE

OLIO
The Food Sharing Revolution

LDHS UPDATE: NORTHSTOWE April - May 2023

NEW MEMBERSHIP YEAR BEGINS 1 APRIL

Since the launch of the Heritage Society in May 2007, LDHS has been supported by a strong membership of like-minded residents, veterans of RAF Oakington and Oakington Barracks and their families. All shared the belief that it was important to safeguard the rural, social and military heritage of Longstanton and Oakington & Westwick for future generations; not just for the benefit of the two villages but also for the town of Northstowe when it came into being. It was clear from the outset that our history, particularly the airfield, was a shared heritage that would one day be shared with the new town also. From the beginning, LDHS members provided the mandate for our work and they continue to provide this mandate today. The new membership year begins on 1st April and we encourage both existing members and others to re-join/ join the Society so that the work of the Society can continue. Forms can be downloaded from our website at <https://www.ldhs.org>, requested in person or by sending a message to our Facebook page. Once the Heritage Annex opens later this year (following yet more delays to the schedule) membership forms can be collected from there also.

Benefits of membership:

- Newsletter from the Society.
- Access to historical information and archival material via a variety of sources including local exhibition, community publications and social media
- Notice of LDHS events and heritage work
- Chance to meet like-minded people.
- LDHS is affiliated with other heritage organisations, including the Cambridge Antiquarian Society and the Airfield Research Group. We are also pleased to welcome the Swavesey and District History Society as an affiliated member of LDHS, and we look forward to the help and support of these organisations and others as the heritage project for Northstowe and the surrounding area continues to develop
- Supporting the Society's work to protect and promote the shared heritage of Longstanton, Oakington & Westwick, RAF Oakington, Oakington Barracks & Northstowe.

WHAT NEXT FOR THE LDHS ARCHIVES?

Once the Heritage Society moves to the new Heritage Annex, located on Northstowe Phase 2, discussions need to start as to how the LDHS Archives can best be safeguarded as a community asset and displayed long-term within Northstowe and/or Longstanton and Oakington. It has also been apparent for a long while that the work involved in caring for the archives is substantial and that professional expertise and support is required. Going forward, the priority for LDHS is to ensure that the archives are protected for generations to come. How that can be best achieved will necessitate discussions with heritage experts, Homes England, Northstowe Town Council and the Parish Councils of Longstanton and Oakington. It is now many years since Homes England (the developer of Phases 2 and 3 of Northstowe) made a legally binding commitment, in the Phase 2 Section 106 agreement, for the *display and storage of the LDHS Archives* and whilst we acknowledge that provision of the land on which the Heritage Annex is being built is a good first step to meeting this Section 106 commitment, it does not fulfil this commitment in the long-term. **There is an important question that Homes England and our local councils / councillors need to answer and**

that is, what is the legal extent of this commitment for the display and storage of the LDHS Archives? Does this temporary building meet this legal obligation in full or was the Section 106 commitment an obligation for the long-term ie: in perpetuity? We have started to ask this question of heritage professionals and councillors and it is certainly something that needs to be made clear as soon as possible. If Homes England does have a legally binding *long-term* commitment for the display and storage of the LDHS Archives, that will influence future planning for heritage provision across Northstowe and the surrounding villages. Without an answer to this question it is not possible for the Heritage Society to properly plan for the future.

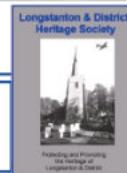
Once the LDHS Archives have moved into the Heritage Annex, LDHS intends to begin talks with CCC and others, via the Heritage Steering Group, as to how best to safeguard the archives. That might involve the archives remaining within the ownership of the Heritage Society, or there might be alternatives that will give them the long-term protection and professional care that they need. Whatever the outcome of these discussions members will be kept advised of the options available. What is clear is that the current status quo cannot continue without substantial input and support from both new volunteers and heritage professionals. The archives, begun by local residents back in 2005, could form a core collection in a formal Northstowe and District Museum but to achieve this, work needs to begin on whether this is what is wanted by our local communities. If a long-term future for LDHS and our archives cannot be secured then the default position for the archives is that they will be offered all (or in part) to the Cambridgeshire Collection. If that happens then the LDHS Archives, including substantial information relating to RAF Oakington and the Northstowe site, will be lost to local display. Time is running out and conclusive discussions on the long-term future of the Society and its archives is now essential.

The heritage of Northstowe, Longstanton and Oakington is simply too important for our communities to lose, so we hope that all three councils will engage with LDHS, Homes England and heritage professionals to work out what the next steps should be for this important collection. **Please do consider joining the Society today so your voice can be heard.** Your membership will help show our local councils and heritage professionals that there is strong support for saving the LDHS Archives for long-term display and storage within our local community. We believe that this outcome will secure a unique identity and sense of place for Northstowe and the surrounding villages, and will benefit residents, school children and visitors for generations to come. As ever, we thank all of you who have supported LDHS over many years and we look forward to your continued support.

Hilary Stroud



Images from 'The Camp' RAF Oakington
c 1948 -1951



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SJP Approved 30/01/2023

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Community Groups and Social Events

WHAT'S ON IN NORTHSTOWE

MONDAYS

Youth Café

A space to enjoy with friends. From Northstowe Youth Hive and Romsey Mill. 3:30-5pm in the café space next to NSC reception - secondary age young people are welcome to pop in after school

Tang Soo Do (£)

Family-friendly martial arts club. Tiny Tigers class for 4-6 year olds at 4pm followed by a junior class for 7-11 year olds from 4:45pm. Email enquiries@northstowetsd.co.uk

Over Power (£)

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

Football (£)

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

Tai-Chi (£)

Weekly relaxation and inner peace. 19:30 at the PFPS. To book please email malcolmsavannah233@gmail.com

Social Run

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

Northstowe Cricket Club

Indoor winter nets sessions leading up to the summer league season. 20:15-21:30 at NSC, contact northstowecricket@gmail.com <https://northstowe.play-cricket.com/home>

Book Club

Meet to discuss books in Monday evenings once per month. New members always welcome. <https://www.facebook.com/groups/607693023324785>

TUESDAYS

Postnatal Yoga with Baby (£)

Safely rebuild your core and pelvic floor, while allowing your body to release tensions, relax, stretch and strengthen. You can attend at any time after your 6/10 week check, and for as long as baby will stay put. 9.45am at Longstanton Village Hall. <https://myyogacorner.uk/>

Stay and Play Group

Weekly play-based activities for families with children age 10 months or walking. 10-11:30 am in the Old Community Wing Library at PFPS. Phone 01954 284 672 to book.

Baby Group

Weekly play-based activities for families with babies up to year or crawling. 1 - 2:30 pm in the Old Community Wing Library at PFPS. Phone 01954 284 672 to book.

Huntingdon Hockey Club (£)

NSC Astroturf, 7pm - 8:30pm
All abilities welcome. Contact huntingdonhockeyclub@gmail.com

Fastbreak Basketball (£)

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

Northstowe Board Games

Join us Tuesday evenings to play modern-style strategy and tabletop games, anything from Alhambra to Ziemlich Zügig! Starts 7:30pm at 21 Heron Road, CB24 1AS. northstowe.gamers@thecolliers.uk

WEDNESDAYS

Warm Hub

Socialise with neighbours and have access to free Wi-Fi, hot drinks and refreshments. 9.30am - 12.30pm at NSC.

My Yoga Corner Support and Social Group

(See Friday's entry for details)

9.30 - 12.30 at the Warm Hub.

Meet the Community Officers

Come to meet our council Community Development Officers, drop-in any time between 9.30am and 3pm at NSC (come to Reception, but if possible please first email northstowe.community@scamps.gov.uk)

Longstanton and Northstowe Limpers

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

Over Power (£)

(See Thursday's entry for details)

PFPS playground, 6pm & 7pm

THURSDAYS

Family Warm Space

No need to book! Come and be warm in our Child and Family Zone. Enjoy a free hot drink and chat with others. 9am - 12noon in the Community Room at PFPS

Little Explorers

Time for you, your baby, and God.

For babies, their pre-school big siblings, and their parents or carers. Thursdays 9:30-10:45 in PFPS contact@northstowe.church

Baby Massage 5 week course (£)

Learn techniques to help you bond with your baby, soothe them, help with wind and colic, as well as calming ideas and other topics. You can attend at any time before baby starts crawling, but you will get more benefits the younger they are. 11am at Longstanton Village Hall. <https://myyogacorner.uk/>

Pop Up Youth Club

Run by Connections Bus Project, with the Northstowe Youth Hive. 4-5.30pm, Thursdays, check social media for current venue!

Tang Soo Do (£)

(See Monday's entry for details)

Ages 4-6 at 4pm, 7-11 from 4:45pm.

Sustainable Northstowe

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

Pregnancy Yoga (£)

Covering breathing techniques, warmup and yoga poses, deep relaxation with self hypnosis (hypnobirthing) and various birth and parenthood preparation topics.

7pm at Longstanton Village Hall. <https://myyogacorner.uk/>

Warm Hub

Socialise with neighbours and have access to free Wi-Fi, hot drinks and refreshments. 6pm at NSC. We're planning well-being sessions, language classes and games night.

Fastbreak Basketball (£)

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

Over Power (£)

(See Monday's entry for details)

PFPS playground, 7pm.

Clubbercise (£)

Easy to follow dance routines, toning and combat moves with disco lights and glow sticks. 7:15pm at Over community centre. marilynsq@icloud.com

Chicken Soup for the Soul

Stop, Breathe, Pray – 1st Thursday of every month, 8-9pm. www.northstowe.church/pray

KEEP US UPDATED PLEASE!

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

FRIDAYS

My Yoga Corner Support and Social Group

Attend at any stage of your pregnancy and parenthood journey: Feeding and weaning, Slings and carriers, Cloth nappies and potty training. Social: please come along even if you don't need any specific support! 11am-12 at a home on Heron Road. <https://myyogacorner.uk/>

Mobile Library

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

Judo (£)

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

Northstowe Jets Basketball (£)

Ball handling, shooting, positioning, attacking, defending, fitness. All skill levels welcome. Every Friday at NSC, 8-9pm northstowebasketball@gmail.com

SATURDAYS

Catholic Mass

Visiting priest from Cambridge. 6pm in the Octagon at Bar Hill. For more details contact Bunti Waters 07734 690580 or Fr. Adrian Gates 01223 622699

Food Truck Fest (£)

Northstowe Foodies host 2 food vans and a drinks truck at The Green on the last Saturday each month. More vans at various times and days, for the lineups see facebook.com/northstowefoodies

SUNDAYS

Sustainable Sundays

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

Northstowe Indoor Market

by Northstowe Town Council. Wide variety of food and non-food stalls including local business and a hot drinks food van. 4th Sunday each month, 9:30am-1:30pm in PFPS Main Hall

Emmanuel Church Northstowe

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

www.emmanuelchurchnorthstowe.org

Pathfinder Church Northstowe

Your local Church of England church with an inclusive ecumenical welcome: praying, exploring, and sharing. Sunday Gatherings 3.30-5pm (normally at PFPS, but check www.northstowe.church)

Ignite Youth Group

Youth group from Emmanuel Church Northstowe for anybody ages 11-14. 5pm alternate Sundays. For venue updates email ignite.ecn@gmail.com or check emmanuelchurchnorthstowe.org

LOCATION ABBREVIATIONS

NSC

Northstowe Secondary College, CB24 1DJ

PFPS

Pathfinder Primary School, CB24 1AA

Time for you, your baby, and God

Thursdays drop in from 9.15
main session: 9:45-10:45
Pathfinder Primary

For babies, their Pre-school big siblings, and their Parents or carers.

Little Explorers

contact@northstowe.church
new term starts 20th April 2023

STAY AND PLAY

Contact us to Book

Cambridgeshire Child and Family Centres

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

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

Hungry? How to GET HELP

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

Food bank vouchers are available from local agencies such as citizens advice, schools, and churches. Vouchers can be redeemed at Distribution Centres across Cambridge, including the Northstowe centre (operating out of Willingham Baptist Church until the new Community Facilities open in Northstowe)

Each gives you a parcel of three days of emergency food, providing non-judgemental support at the point of crisis.

Looking to donate?
The nearest collection point is at Bar Hill Tesco

Want to volunteer?
Get in touch!

Read more: cambridgecity.foodbank.org.uk
One contact is Revd Beth Cope (Pathfinder Church)
07720 330 272 contact@northstowe.church

Youth group (11-14s)

IGNITE

All are welcome!

Sundays, 5-7pm	April 23rd May 7th May 21st June 4th June 18th July 2nd July 16th
• Bible discussion • Games • Snacks	

We're moving! Check our webpage or sign up by email for venue updates.

emmanuelchurchnorthstowe.org
ignite.ecn@gmail.com

Willingham Auctions Café

Serving 7 days a week | 9am to 5pm
(4pm Sundays)

Serving a selection of homemade cakes, coffees, award winning ice creams and more. All alongside breakfast & lunch options made with the freshest local ingredients.

With Gluten Free, Vegetarian and vegan options available we have something for everyone.

Thursday to Saturday Evenings our Lot 25 Bar becomes a bustling hub, serving a variety of beers, wines, gins cocktails & more alongside your favourite food trucks (Fri-Sat) & monthly entertainment and events.

Find us at 25 High Street, Willingham and enjoy our inside and outside dining areas.

We are also dog and child friendly please feel free to bring the entire family.

www.willinghamaucationscafe.com
email: hello@willinghamaucationscafe.com
Tel:01954 261252.

**Orchard Cottage
B&B
Accommodation
Willingham**

www.orchardcottage.co
info@orchardcottage.co

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Welcome

- A warm welcome to -

THE WILLINGHAM SOCIAL CLUB

Willingham's foremost entertainment venue!

GREAT VALUE DRINKS
LIVE MUSIC AND COMEDY NIGHTS
BINGO, RAFFLES & OTHER COMPETITIONS
POKER, DARTS, SNOOKER, BAR BILLIARDS
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WWW.WILLINGHAMSOCIALCLUB.COM

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NORTHSTOWE ARTS



Launching Creative Get-Togethers

We're thrilled to be launching weekly Creative Get-Togethers right here in Northstowe – an opportunity every Wednesday evening to focus on your creativity, in the company of like-minded people.

This is time for YOU – whether you join us every week or just once in a while, whether you come with your own craft or ready to try something new, whether you come on your own or with a friend or two – each week will have a different focus. The full programme is on our website, northstowearts.co.uk, but every month there will be an evening of BYOC (Bring Your Own Craft), a singing group session, an introduction to something new such as illustration or Indian dance, an open mic/jamming session, and more – what would you like? Let us know!

We'll be at the café space in Northstowe Secondary College, 7-9pm, every Wednesday from 19th April – see you there?



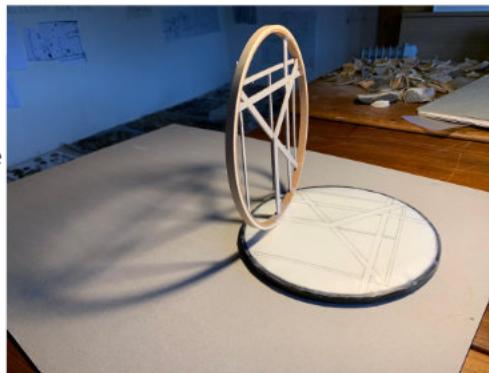
An update on the Heritage Art Project

Thank you to everyone who has so far taken part in developing this new piece of public art for Northstowe! The final sculpture is taking shape nicely, with lots of input on its design from all sorts of people within the community. It has been fascinating to learn (thanks to input from the Cambridge Archaeological Unit) about the history of this land, getting hands on with Roman pottery found right here in Northstowe, and working out how to tie together a Roman shrine, RAF airfield, the Heritage Centre façade, archaeological trench systems and more!

Thanks to our funders, National Lottery Heritage Fund and Homes England, and our project partners, Cambridgeshire County Council, South Cambs District Council, Homes England and Longstanton & District Heritage Society. We're looking forward to seeing the finished sculpture on site soon!

PS. Would you like a **community cinema** in Northstowe? We're exploring ways to set one up – get in touch if you can help: hello@northstowearts.co.uk

PPS. Remember our September Drawing Challenge? One of our brilliant volunteers, Chris, has put together a **nature-themed Creative Challenge** for April – head to Facebook or Instagram to find out more @northstowearts



NORTHSTOWE HOLI MELA

Over the last few years, Northstowe has become home to more than 100 families that have their roots in the Indian Subcontinent. These families have brought with them a range of diverse cultures.

This April, Hindu Samaj Northstowe invites you to the Northstowe Holi Mela.

The Festival of colours is celebrated across the subcontinent as a spring festival and is known for its vibrance and revelry. With Northstowe Holi Mela we aim to showcase our culture and traditions to the wider community.

This will be a chance to be a part of this unique festival, enjoy lively festive music, cultural performances, Bollywood dance workshop, finger-licking food, and enjoy throwing colour powder with your friends. The Holi Mela will be an excellent opportunity to experience this colourful festival and embrace the diversity of Northstowe. We are eagerly waiting to welcome you.



INTRODUCING NORTHSTOWE HUB

Do you remember the Community Wing?

As a community group made up of Northstowe residents and supporters The Friends of the Wing existed to:

- ⇒ Promote and publicise Northstowe Community Wing within the community.
- ⇒ Foster understanding about the Wing, how it is run and funded.
- ⇒ Provide a forum for social and cultural activities for Wing users. To provide a channel for feedback from Wing users.
- ⇒ Provide members for the Management Board.
- ⇒ Provide volunteer assistance with events and activities and to raise funds to support the Wing.



Before The Wing closed members were involved in organising and running the Pioneer Café on a Wednesday Morning and late afternoon, looking after the micro library and running rhyme time as a free access activity for pre-schoolers and their careers and opening up for private hires.

Following closure of The Wing several of us asked ourselves what now? Lots of conversations happened, new people came along and slowly a vision to build on what had come before arose. Northstowe Hub CIO has been born!

A Renewed Vision...

As Northstowe Hub our vision is that:

Northstowe is a town with community activities and facilities at its heart, supported by an active and integrated network of groups and organisations; bringing people of all ages and backgrounds together to address isolation and provide equality of opportunity.

Introducing our Trustees...

Our founding trustees are Peter Cope, Priyank Faldu, Kathy Fountain, Dan Greef, Graeme Hodgson, Hektor Marden, Jawad Nawash, Mari O'Neill, Gaurav Saxena, Matt Webb. We all live here in Northstowe and have a passion to help work together as a community so we can help this community flourish.

First Steps...

We have been meeting with and lobbying local authorities to secure funding and provision for community space, both temporary and permanent, in Northstowe. Hopefully by the time this is in print we will have heard the outcome of SCDC's planning application for the new interim community facility next to the Green. Over the coming months we hope to work with SCDC with existing groups and also those with ideas for new activities and services for the community.

Getting Involved...

We need to hear from you and want to work with everyone so together this community can continue to flourish. Our trustees, along with the community development officers, hope to spend time knocking on doors and chatting with you all about your hopes, dreams and aspirations for this place. Alternatively, if you would prefer to feedback privately in your own time, please scan the QR code or visit northstowehub.org and join the conversation.



The Porterhouse Pub



Homecooked Food



Bed & Breakfast



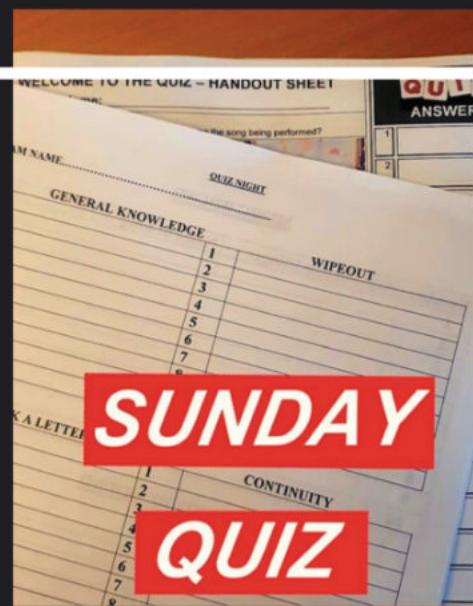
Sunday Roasts



Beautiful Tipi Dining



Takeaway Service



Every Sunday 8pm

1 STATION RD WILLINGHAM CB24 5HF
01954 488080
WWW.THEPORTERHOUSEPUB.COM

HINDU SAMAJ NORTHSOWE



The beginning of a new year is always a time for fresh starts and exciting opportunities. This year, Hindu Samaj Northstowe had the privilege of starting off with a series of great events that brought us together and set the tone for an amazing year ahead.

While the dates of almost every Hindu Festival vary each year, 14 January is fixed to celebrate Makar Sankranti, Lohri, Pongal, and Bihu. One festival is known by many different names across the Indian Subcontinent. We wore the colour yellow to mark this beautiful harvest festival. Makar Sankranti holds significance as the day of giving. We marked this day by creating 'Khichdi Jars' for our local Food Bank. This month is also significant for Basant Panchmi which is the day of Saraswati - the Goddess of knowledge and arts.

February started with MahaShivratri or the Night of Shiva. We had a cultural presentation and performed rituals celebrating Shiva and Shakti. Highlight of the evening was a group meditation and mantra chanting to rejoice in the Shiva energy. We celebrated Valentine's Day with our very special friends at the Over Day Centre. Our young people prepared games, crafts, and musical presentations to entertain the clients. It was a humbling experience, and we were grateful for the opportunity.

Another event that brought us together as a community was Language Cafe at the Warm Hub. This was an opportunity for us to showcase some of the many languages of the Indian Subcontinent. It was a fun event that highlighted the diversity of our community. We continue supporting

at the Warm Hub by volunteering and providing refreshments every Thursday evening.



We had a very busy but rewarding Spring Half Term. Our Junior members took advantage of school break and got busy with raising funds for Turkey-Syria earthquake appeal, learning life skills like baking and participating in lessons to strengthen their knowledge of their cultural and religious heritage. The half-term holidays came to an end with everyone pooling in to help Eya and Shrinjani prepare art and craft pieces and a couple of huge hampers for their stall at Northstowe Secondary College to raise money for the refugees of the Ukraine-Russia war.



Keeping mental health and wellbeing at the heart of our service to the community, we organised a Pranayam Yoga workshop at Northstowe Secondary College. This was very well received and we have been requested by all attendees to organise more sessions.

Organising these events allowed us to make a positive impact on our society and learn more about the needs of our community. We have set the stage for a year of growth, collaboration, and success. We are grateful to the volunteers and sponsors who made these events possible, and we look forward to building on this momentum and continuing to strengthen our community in the months and years to come.



Upcoming Events:

- Holi/Ugadi/Gudipadwa - 11th March
- Mother's Day Celebration - 18th March
- Ramnavmi - 8th April
- Northstowe Holi Mela - 30th April



[HSNorthstowe](#)

[hindusamajnorthstowe](#)

[fb.me/hindusamajnorthstowe](#)

hindusamajnorthstowe@gmail.com

NORTHSTOWE MUSLIMS

Here at Northstowe Muslims, we celebrated the event of Al Isra wal Miraj (The Night Journey & Ascension) on Friday 17 February 2023. We held prayers and discussed the background and events associated with this blessed night when the Prophet Mohammed (peace be upon him) undertook a miraculous journey from Mecca to Jerusalem and then from Jerusalem to the heavens, to finally meet Allah (God). This blessed night is celebrated on the 27th day of the 7th month of the Islamic calendar, known as Rajab.



We have also been busy planning and preparing for Ramadan – the month of fasting, which will begin on approximately 22 March 2023. The start date of Ramadan changes every year because the Islamic calendar follows the lunar cycle. We have exciting plans in progress (including storytelling, prayers, and event celebrations). We would like to take this opportunity to wish one and all a blessed Ramadan Mubarak! For more details, check out our event calendar at northstowemuslims.org.

This year, for Ramadan, we are pleased to announce a **Bring and Share Community Iftaar** (evening meal) that will be open to the entire Northstowe community on **Thursday 13 April 2023**, at Northstowe Secondary School. We would like to welcome you to come along and open the fast with us in the evening. You do not need to be Muslim to join us – all are welcome! All you need to bring with you is one dish to be shared with others. We challenge you to fast with us on 13 April by selecting one of the following options:

1. No food or drinks from sunrise to sunset. Same as Muslims.
2. No food or drinks from the time you wake up until Iftaar time (sunset)
3. Only water from the time you wake up until Iftar time (sunset)

If you have any questions or would like to confirm attendance for the Community Iftaar, please contact us at: +44 7884 590465.

★

COMMUNITY IFTAAR SAVE THE DATE:
Thursday 13th April 2023

Location: Northstowe Secondary School (canteen area)
Time: 7.30pm – we will open our fasts together upon sunset

Each household is invited to bring one dish with them to share – please note: only halal food and no alcohol



Website: www.northstowemuslims.org

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

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

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

EMMANUEL CHURCH NORTHSOWE



Emmanuel
CHURCH
NORTHSOWE



5th Birthday Party

Celebrating 5 years of growing in Northstowe

Saturday 29th April 2023, 3-7pm

Northstowe Secondary College

Ceilidh dancing, hog roast (with vegan option),
games & crafts

£12 adults (12+)

£6 child (4-11)

free (0-3 year olds)



For more information and to buy tickets,
please scan the QR code or visit
www.emmanuelchurchnorthstowe.org/anniversary

We're 5 years old! When Northstowe was just fields and a building site (except for a primary school), people from 5 Cambridge churches began meeting together to think and pray together about a new church for the new town that would be built.

Since we started in April 2018, we've enjoyed seeing the town grow, new community activities starting, and joining in community events. We've been blessed to see new Northstowe residents join our church community, and some people start to follow Jesus.

Of course, we've known some of the struggles everyone else has. We've moved venue repeatedly due to lack of community facilities and endured the strange world of Covid restrictions. But through it all, we've seen Jesus at work. He has helped us to know his peace, to show his love, and to know him better.

As we celebrate our 5th birthday, we're inviting everyone in Northstowe to come and celebrate with us. Our birthday party (Ceilidh and Hog Roast, including vegan option) is on Saturday 29th April, and our Anniversary Celebration Service is Sunday 30th.



5th Anniversary Service of Celebration

Celebrating 5 years of growing in Northstowe

Sunday 30th April 2023, 10:30am

Northstowe Secondary College

All Welcome!

**A service of thanksgiving
followed by a bring and share cold lunch**

(Children's groups running as usual)



For more information scan the QR code or visit
www.emmanuelchurchnorthstowe.org/anniversary

Northstowe residents of any faith or none are warmly invited to join us at either of the events. You'll need to book tickets for the birthday party, or you can just turn up on the day for the celebration service.

You can find more information on our website:
emmanuelchurchnorthstowe.org

A new youth group for school years 10-13 is starting in April, in addition to the Ignite youth group for school years 7-9. The youth groups include fun, food and learning more about God from the Bible. The groups are for any young people, regardless of background or personal belief. We welcome questions and different perspectives. For more details, email:
contact@emmanuelchurchnorthstowe.org

If you have any questions about Emmanuel or want to get involved, please visit us any Sunday (10:30am, Northstowe Secondary College) or email Pastor Josh Monteiro
josh.monteiro@emmanuelchurchnorthstowe.org



PATHFINDER CHURCH NORTHSTOWE: praying, exploring, and sharing

Northstowe's local Church of England Church, supported by Churches Together to give an inclusive ecumenical welcome to those of all Christian traditions and none. Revds Beth and Stephen work closely with Revd Lucy at our sister church of All Saints' Longstanton. If you aren't already part of a local church, why not join us at community events, or for faith-based gatherings at 3.30pm on Sundays in Pathfinder Primary School



Planting in Partnership

This is a good time to plant for the future. In February, we planted six new silver birch trees and plenty of spring bulbs into 'The Glade' in the Primary School Field. Thank you to **Northstowe Town Council, Northstowe Horticultural Association**, and the **CofE Growing Faith Foundation** for making this possible, blessing us and the families of **The Pathfinder CofE Primary**. We look forward to seeing what grows, and doing more together!



From Pancakes to Hot Cross Buns: Afternoon Teas gather the whole community

Huge thanks to the team of pancake chefs who turned out *hundreds* of fresh pancakes (including dairy free options) at our recent Afternoon Tea pancake party. The school hall was filled with people taking part in the pancake obstacle course, playing games and chatting with friends old and new, across all religious and non religious beliefs. There was also space to pause and reflect, or join in with a Christian communion service in the side chapel.



Holy Week @ Pathfinder Church

02/04: Palm Sunday Afternoon Gathering
@ 3.30pm - 5pm @ Pathfinder Primary

03/04: Compline @ 8pm @ Stephen's

04/04: Compline @ 8pm @ Stephen's

05/04: Compline @ 8pm @ Stephen's

06/04: Communion Meal @ 8pm @ Stephen's

07/04: Hot Cross Bun Afternoon Tea
@ 3.30pm - 5pm @ Pathfinder Primary

09/04: Easter Sunday Sunrise @ 6am @ Stephen's
followed by bacon sandwiches

Easter Sunday Communion @ 10am

Email contact@northstowe.church
for Stephen's address and more details

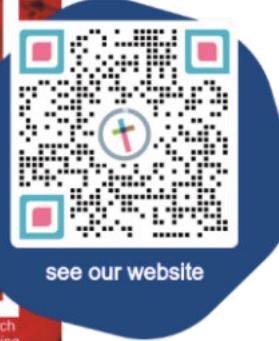
www.northstowe.church
praying, exploring and sharing

Our next Afternoon Tea takes place on Good Friday, where we'll be sharing traditional hot cross buns alongside our usual range of reflective and interactive stations. ***Find us in the School Hall 3.30-5pm on Friday April 7th.***

Praying, exploring, and sharing during Holy Week and Easter

We're church... *but perhaps not as you know it.*

As well as our community events, you are welcome to join us praying, exploring, and sharing with those across the generations at special events this Easter, or our regular term-time Sunday Afternoons (3.30-5pm in Pathfinder Primary School) and midweek activities.



see our website

Email contact@northstowe.church or visit www.northstowe.church for more.

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

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

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

The primary contact person is:

Rev'd Lucy Cleland

Team Vicar in 5folds

Serving in Longstanton, Over, Willingham and Swavesey.
T: (01954) 277758 E: lucy@5folds.org.uk



Catholic Church

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

Phone: (01223) 704640

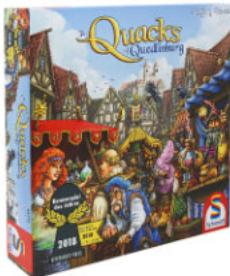
Live streaming available.

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

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

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

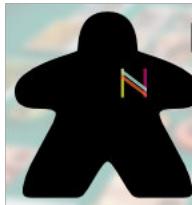
GAME OF THE MONTH



The Quacks of Quedlinberg is designed by Wolfgang Warsch and published by Schmidt Spiele

So when you're close to the limit, there's always the question: do you play it safe, and make sure to bank what you've got – or do you pull out one more ingredient, hoping for even greater rewards but risking it all if you pull out a cherry bomb and go bust?

One of the nice features of Quacks is that everyone can take most of their actions simultaneously, so it hardly takes any longer to play with 4 players than with 2. (Or 5 players with the *Herb Witches* expansion.) There's a helpful catch-up mechanic, players with fewer points get a boost each round (bulking out their potion with rat's tails) so it never feels like victory is completely out of reach.



Northstowe Gamers
Online and in-person board gaming meet-ups
Tuesdays 7:30pm
facebook.com/groups/northstowegamers
northstowe.gamers@thecolliers.uk



Will you brew the best potion or just make a big explosion? Find out by joining us on a Tuesday evening – for details search FaceBook for "Northstowe Gamers" or email northstowe.gamers@thecolliers.uk

Andrew and Sarah Collier

CAMBS & HUNTS FAMILY HISTORY SOCIETY

If you would like to learn about your family history, then the Cambridgeshire & Huntingdonshire Family History Society is for you!

We have been helping people trace their ancestors & transcribing and preserving local records in Cambridgeshire & Huntingdonshire since 1976.

We passionately believe that family history can be a rewarding, interesting and sociable hobby for ALL ages. We can help you trace your tree, whether your ancestors came from Cambridgeshire & Huntingdonshire or further afield. If you are a beginner, we will show you where to start and if you are a more advanced researcher, we can help you progress further.

You will meet like-minded people and make new friends at our monthly research surgeries, currently held in Cambridge, Bar Hill, Ely, March, Huntingdon & St Ives and at our talks on a wide range of interesting family and local history topics which are held in person and on Zoom.

Membership starts from only £7 per year and you will receive a jam-packed quarterly journal full of tips and news, a wealth of local knowledge, access to members only records & free membership to the University of Cambridge library.

We use your subscriptions to work with local archives transcribing and preserving documents for future generations and to fund local initiatives such as the recent school project where primary school children were taught about the Victorian era using local records.

For more information, see our website www.chfhs.org.uk, email secretary@chfhs.org.uk or message us on our Facebook page: CambridgeshireFHS

This month we're brewing up potions in **The Quacks of Quedlinberg**, an exciting push-your-luck game in which players take on the role of totally-reputable doctors concocting their miracle cures for selling to unsuspecting patients at the market. The bigger and better your potion, the more ingredients you can buy for the next round and the better you can arrange your luck to be.

You have a cloth bag, and (without looking) you pull out ingredient tokens one at a time. Each ingredient goes into your cauldron – the bigger the number on it, the further out along the spiral it goes. The colourful ingredients have special effects which can help, such as pushing tokens further along or letting you upgrade for better ones. But watch out for the white "Cherry Bomb" tokens, which you always start with – if you draw a total white value more than seven, your pot explodes and you lose some of your benefits that round.



It's a lot of fun pulling out the tokens and knowing, every time, that *this time* the colours could turn out *just right* (with plenty of schadenfreude from other players when it all goes wrong, of course). But another reason we really like it is there's a lot of variety. Every round starts with a "Fortune Teller" card which changes the rules slightly, so no two games are the same. Also, each game might have a different set of powers for the coloured tokens; each colour has four possible rules to choose from at the beginning of the game, so there are endless combinations with different combos of ingredients reacting together, and other synergies to discover.

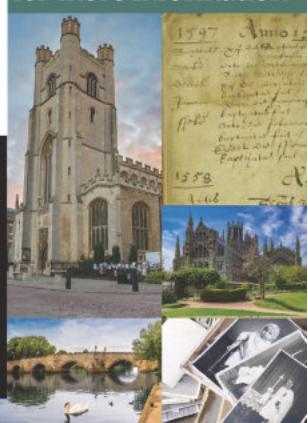
Interested in Family History?

We are your local family history society! Visit chfhs.org.uk, search CambridgeshireFHS on Facebook or email secretary@chfhs.org.uk for more information



Drop in surgeries

**Cambridge
Ely St Ives
Huntingdon
Bar Hill
March**



BOOK REVIEWS

The Fell by Sarah Moss

Is it too soon for a novel set during Covid? Set in the Peak District in November 2020, this short novel recalls our feelings of frustration during lockdown. Kate, a single mother of a teenage son, has been self-isolating for ten days and is desperate for some fresh air and exercise. She breaks quarantine at dusk one evening to walk on the fells, where she is unlikely to meet and put anyone else at risk. She leaves guiltily, without telling her son what she is doing, but is seen by her neighbour, Alice, a widow who is shielding. Alice does not try to stop her, but supports Kate's son Matt when his mother does not return.

Although set during lockdown, Moss allows her characters to comment on all sorts of issues, from sustainability, family dysfunction, diet, to the loss of independence that comes with increasing age. A mere 180 pages long, the author manages to get inside the head of each character with her stream of consciousness style. Perhaps sufficient time has passed now for this type of pandemic story. The emotions portrayed were fairly typical and perhaps this will be a book to re-read in the future when distance has dimmed our recollection of recent history. I enjoyed this and will look out for other novels by this author.

Kathy Fountain



Sistersong by Lucy Holland is a historical fantasy set in Cornwall during the transition between Roman and Anglo-Saxon Britain. It follows the story of the three children of a British king: Riva, Keyne, and Sinne, as they deal with the approach of a Saxon invasion and the death of magic in the land as their people and especially their parents abandon their pre-Christian faith. Meanwhile, the three are also dealing with personal conflict and trouble in their relationship, especially Riva struggling with disabling and disfiguring scars from a fire some years before (and her inability to use magic to heal them) and Keyne coming out as transgender.



It's very fast-moving, with short chapters switching point of view between the three protagonists, which makes it very hard to put down. It's also engaging and it's easy to get attached to the characters; I especially liked Keyne and his journey to first break the mould of what's expected of a king's daughter and then to get fully accepted as a man.

It's clearly a YA book, with themes of identity, growing up, and coming of age. However, it also has some very dark moments and genuine horror, especially towards the end. I won't go into the details because they would spoil the story, but readers with weak stomachs should be aware that some scenes are pretty rough. There is also on-screen (though non-explicit) sex and violence. I would recommend it for the older end of YA and adults who enjoy personal stories with strong fantasy elements.

Becca Edney

BOOK CLUB

Northstowe Book Club meets once a month on Monday evenings at 7.30pm on Zoom.

New members are very welcome to join us as we read the following books:

- The Man Who Mistook his Wife for a Hat** by Oliver Sacks
- Georgina** by Alida Leacroft
- Cloud Cuckoo Land** by Anthony Doerr
- Behind the Scenes at the Museum** by Kate Atkinson
- Cambridge Blue** by Alison Bruce
- Hamnet** by Maggie O'Farrell

- 3rd April
- 1st May
- 12th June
- 10th July
- 14th August
- 18th September

More information is available on our Facebook page.



- LANDSCAPING
- DRIVEWAYS

- PROPERTY MAINTENANCE
- INTERNAL RENOVATIONS

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An update from Fen Drayton Lakes



ENGLAND



Common Tern – David Tipling (rspb-images.com)

The common tern, with its sleek white wings, pointed tail feathers and bold black cap, is a true symbol of summer. They are migratory birds and travel thousands of miles each year between their UK breeding grounds and their wintering grounds in Western and Southern Africa. These graceful birds, known for their incredible aerial acrobatics, can be found nesting in large colonies along the coast, but they also frequent inland lakes where they dive and hover over the water in search of small fish.

Common terns, like all ground nesting species, are highly susceptible to disturbance from human activities such as boating, fishing or simply walking along a beach. Tern rafts have therefore become a key tool in the conservation of the species, providing safe and secure nesting sites that can help to boost the birds' reproductive success and overall population numbers. On inland sites, like here at Fen Drayton Lakes, tern rafts are particularly important for providing additional nesting habitat for common terns which often face competition from other bird species, such as the larger black-headed gulls that nest on the lake islands here.

The tern rafts themselves are sturdy platforms of recycled plastic anchored out in the lakes and designed to mimic the natural nesting habitat. Terns lay their eggs in shallow depressions on the ground so the raft is topped with a layer of gravel to provide a secure base for the nests.

As you approach Ferry or Moore Lakes from May onwards, one of the first things you may notice is the sound of the common terns calling out to each other, their voices carrying over the water. Looking up you may see the terns darting and swooping over the lake, islands and tern rafts, often carrying fish for partners or, a bit later in the summer, their young. As the summer months roll on, the common terns begin to flourish, with fledged chicks taking flight and joining their parents as they prepare for their mammoth migration back south.

Watching the common terns nesting and interacting with each other on their rafts is a truly enchanting experience and a window into the natural world that is so often overlooked in our hectic lives. Why not come down and enjoy this all too brief annual spectacle this summer?

Wednesday Wander

Ever thought you'd like to know more about the reserve and its wildlife? Volunteer-led guided walks take place once a month, usually on the second Wednesday. To see details and book, please visit: www.events.rspb.org.uk/fendraytonlakes

Email: fendraytonlakes@rspb.org.uk

Phone: 01954 233260

Visit rspb.org.uk/fendraytonlakes

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

LONGSTANTON VILLAGE MARKET

As the days are starting to get longer and warmer, we are pleased to be starting up our seasonal markets once again. On 1st April, we had our Easter Market, full of tasty bakes and handmade Easter gifts. A big thanks to everyone for continuing to support our small independent traders, who rain or shine, are always set up and ready to greet you on a Saturday morning. If you are interested in trading, please email us at longstantonvillagemarket@gmail.com. You can also follow us on Facebook for the latest market updates.



Congratulations to Northstowe Town Council for hosting the monthly indoor markets in Pathfinder School. I paid a visit in February and it was so wonderful to see so many residents enthusiastic to shop local. I was particularly pleased to be able to buy a wide range of fresh fruit and veg, all without any unnecessary plastic packaging.

Next stop, the Bank Holiday weekend. We are very excited to have been invited to join the Longstanton Coronation Weekend, 6th-8th May. As part of the Big Lunch on Sunday 7th May, Longstanton Village Market will be bringing all our lovely crafts and bakes. Not only this, there will also be amazing Live Music, Food Trucks, Bouncy Castles and Fairground Rides! We hope to see you there at the Longstanton Recreation Ground.

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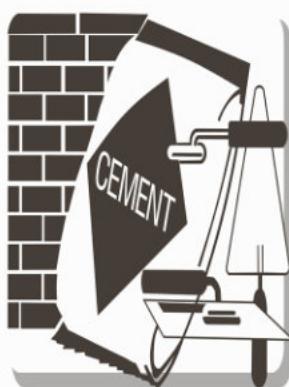
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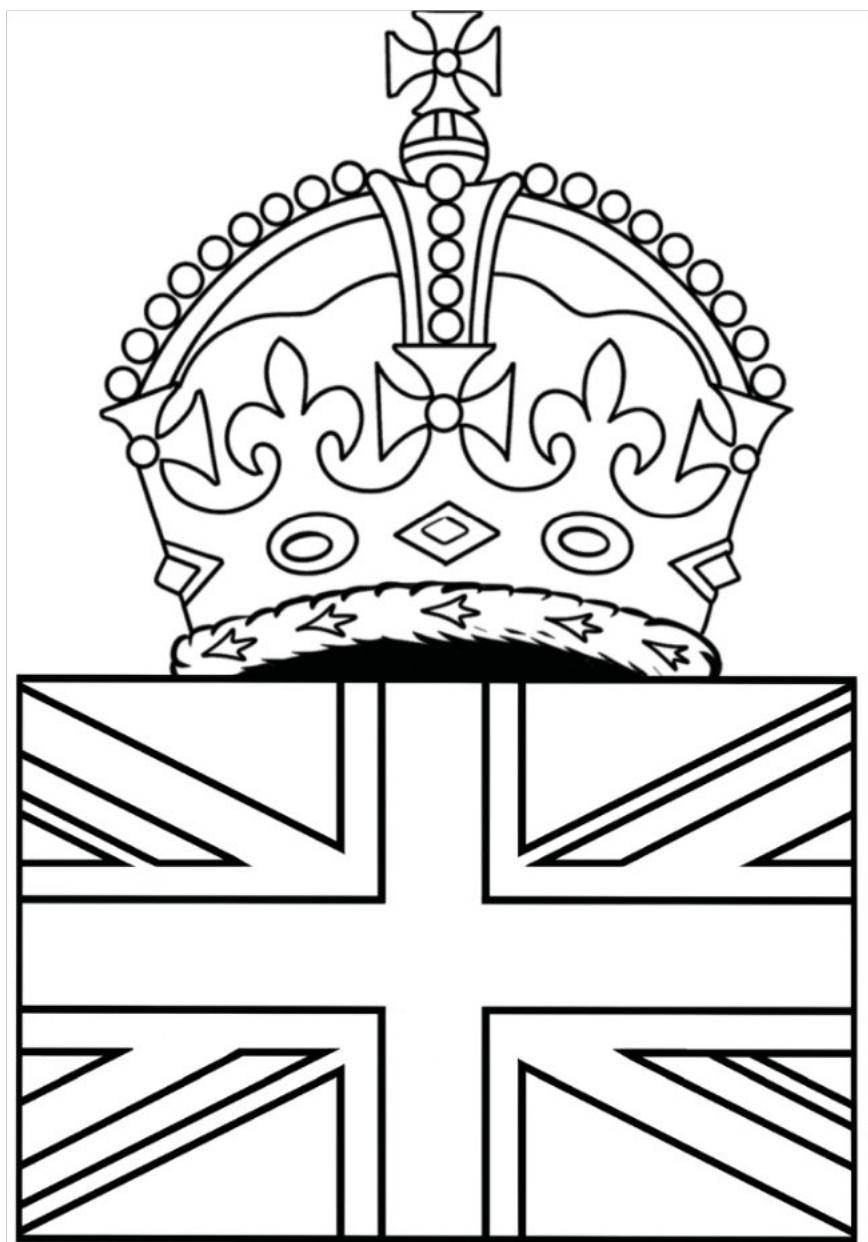


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Ramadan Wordsearch – give it a try!

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Easter Sunday (April 9th)

Spot-the-difference

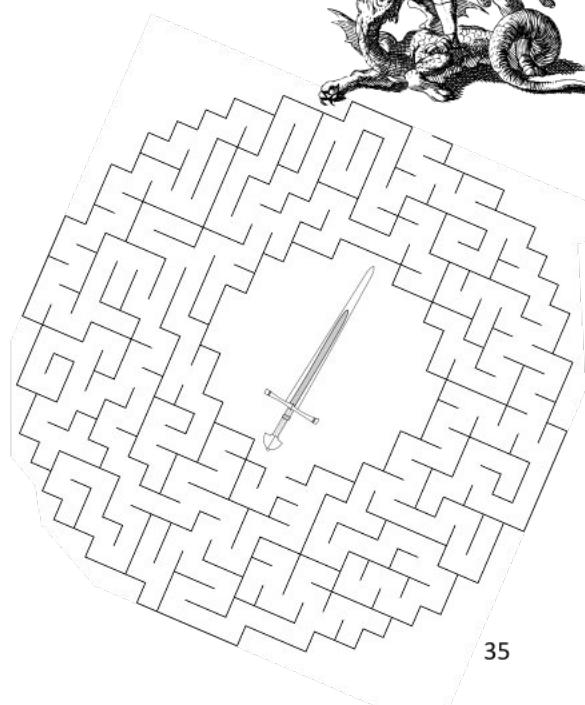
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