

# NORTHSTOWE

## News

ISSUE 41

OCTOBER / NOVEMBER 2025

By Northstowe's Community – For Northstowe's Community



# NEWS AND UPDATES

## EDITORS' WELCOME

Another summer has come and gone, there's a distinctly autumnal feel in the air now as the days get shorter and the nights draw in. But there's still a lot happening! Light Up Northstowe, and the Winter Festival, are a big part of what makes our community shine.

It's exciting to see that the work on our new community building by the Green, The Unity Centre, has been progressing so well. There's still some way to go, but we very much look forward to seeing that open and taking part in the things that will happen inside it!

## WANT TO ADVERTISE IN NORTHSTOWE NEWS?

Over 1800 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](mailto:janetpendrill@gmail.com) for more details.

Annual discount rates are available.

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Northstowe News is produced right here in Northstowe by a small group of volunteer residents. 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 community. If you would like to write in the magazine please email [northstovenews@gmail.com](mailto:northstovenews@gmail.com) with your questions, ideas and contributions.

The submission deadline for the December / January issue is November 1<sup>st</sup>.

Views expressed in contributed articles are solely those of their author and do not necessarily reflect the opinions of the Northstowe News editors.

## HOUSEHOLD BIN COLLECTIONS

Friday 3 <sup>rd</sup> October	<b>Black Bin</b>
Friday 10 <sup>th</sup> October	<b>Blue and Green Bins</b>
Friday 17 <sup>th</sup> October	<b>Black Bin</b>
Friday 24 <sup>th</sup> October	<b>Blue and Green Bins</b>
Friday 31 <sup>st</sup> October	<b>Black Bin</b>
Friday 7 <sup>th</sup> November	<b>Blue and Green Bins</b>
Friday 14 <sup>th</sup> November	<b>Black Bin</b>
Friday 21 <sup>st</sup> November	<b>Blue and Green Bins</b>
Friday 28 <sup>th</sup> November	<b>Black Bin</b>



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

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Front Cover photo by Yona Lawrence Nokkert

The Northstowe News editors are warmly grateful to the community groups and other organisations who have made donations towards our printing and distribution costs.



## COMMUNITY DEVELOPMENT OFFICERS



### NORTHSTOWE COMMUNITY FORUMS

The next Forum will be on **Wednesday 3<sup>rd</sup> December** at Western Park Pavilion starting with a drop-in at **6:00pm** and presentations at **6:30pm**. Agendas are usually advertised the week before and questions can be asked during the evening by attendees as well as submitted in advance to [northstowe.community@scambs.gov.uk](mailto:northstowe.community@scambs.gov.uk). The meeting will be broadcasted live on Microsoft Teams. The link will be available on the forum page nearer the time <https://www.scambs.gov.uk/community-and-people/community-forums/northstowe-community-forum>

### NORTHSTOWE OVER 60S GROUP, 'COME AND SAY HELLO'

For anyone 60 or over. The group meets every couple of weeks on a Thursday morning in the Café area at The Cabin. It is open to residents from Northstowe, the surrounding villages and anyone interested in finding out more about the area. Future dates will be advertised on community noticeboards and Northstowe Facebook pages.

### YOUNG PARENTS GROUP

This is a new group for parents aged 25 and under with children aged 0-5 years. They meet every Monday at The Cabin in Northstowe from 1pm - 2:30pm. It is free to attend, no booking required. For more information, email: [childandfamilycentre.south@cambridgeshire.gov.uk](mailto:childandfamilycentre.south@cambridgeshire.gov.uk)

### NORTHSTOWE PLAYERS

This drama group meet every Thursday at The Cabin from 7pm - 9pm. Please get in touch if you'd like to join the group.

### Walking for all in Northstowe

**Social Walks are an ideal way to meet old and new friends enjoy the fresh air and get some exercise**

**Walks start at The Cabin at 10:15am  
Future dates will be advertised on noticeboards and local Facebook groups**

**Everyone Welcome - free hot drink and free to attend no booking required**



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



### DIGITAL ASSISTANCE

The digital assistance sessions are designed to offer support such as using/downloading apps, searching information online, email accounts, filling in and finding forms online and more. Regular digital assistance sessions take place on the first Wednesday of every month 1-2pm at The Cabin.

### COGNITIVE TRAINING FOR THE ELDERLY

Drop-in sessions for elderly focused on preventing cognitive geriatric illnesses with a local volunteer who has experience in cognitive training. Sessions are held every Tuesday 10-11am in the café area at The Cabin.

### MENOPAUSE MEETINGS

The meetings are free and take place monthly on a Wednesday evening. Future meetings will be advertised on Northstowe Facebook pages and community noticeboards. Please contact Northstowe Sports & Wellbeing Group if you would like to help run the group or have any questions about attending [northstoweswgroup@gmail.com](mailto:northstoweswgroup@gmail.com)

### HALLMASTER

All room bookings for The Cabin are made through Hallmaster, if you would like to see room availability, size and capacity or make a booking please go to: <https://www.scambs.gov.uk/planning-and-building-control/new-communities/northstowe/the-cabin-northstowe-temporary-community-centre>

If you would like to talk to a CDO, get involved in any projects or activities, or help with other volunteering opportunities please contact us on [northstowe.community@scambs.gov.uk](mailto:northstowe.community@scambs.gov.uk)

**Mihaela Stan and Michele Eidevik-Skinner**

### Hungry? How to get help:



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

Foodbank vouchers can be exchanged for a parcel of three days of emergency food, providing non-judgemental support at the point of crisis.

Vouchers are available from local agencies such as citizens advice, schools, and churches. Vouchers can be redeemed at Distribution Centres across Cambridge: there is always one open every day Monday-Friday. This includes the Northstowe Welcome Centre in the Northstowe Community Centre: The Cabin

### Looking to donate?

The nearest collection point is at Bar Hill Tesco (for in store shoppers), or you can arrange to go to the Warehouse in town, or give financially. See [cambridgecity.foodbank.org.uk/give-help/donate-food/](http://cambridgecity.foodbank.org.uk/give-help/donate-food/)

### Want to volunteer?

We've a friendly local team, who are looking for more volunteers. Get in touch via [cambridgecity.foodbank.org.uk](http://cambridgecity.foodbank.org.uk)



Like other agencies, Revd Beth of Northstowe Church Network (Pathfinder Church, Little Explorers, Compline) can give vouchers during office hours: 01954 261 181 [contact@northstowe.church](mailto:contact@northstowe.church)

## CAMBRIDGESHIRE COUNTY COUNCIL

### CLLR LUIS NAVARRO



#### LOCAL GOVERNMENT REORGANISATION

Work by councils on the Government's reorganisation of local government continues to take much time and money. Business cases are being developed for the three options formally on the table. There is a fourth option being promoted by the two MPs representing areas of Peterborough, but it is unlikely to attract support, and councils in Cambridgeshire and Peterborough can put forward no more than three options to Government.

Councils set to undergo reorganisation have been warned by the Government against taking decisions that could 'fetter the future decisions of new councils', including major organisational structures, establishing companies, and the spending of reserves, among other things.

#### STRATEGY RESOURCES & PERFORMANCE

The county council's Shareholder Sub-Committee met last month and approved the updated Business Plan from the council's wholly-owned company This Land.

This Land was set up in 2016 by the previous council administration, and not in a way we would have supported. To date, This Land has repaid the council £15.5M of loans and £42M of interest. The outstanding loan is £119M, which the council expects to be repaid by 2029. In March this year, following detailed consideration of This Land's financial position, the council agreed to restructure the loan into two parts: £59.9M is a repayable loan, and commercial interest will be charged; £59.85M is a grant, which will be repaid dependent on This Land's future performance and is not subject to interest.

Even if This Land were not able to make performance related repayments on the £59.85M grant, the council would still achieve a balanced position from This Land by 2029, due to interest payments received in addition to loan repayments. The updated business plan enables the company to repay interest, reduce the amounts owed to the council, and limit the risk from the company.

#### ADULTS & HEALTH

##### CQC "Good" Rating

CQC "Cambridgeshire County Council's adult social care services have been rated as 'Good' by the Care Quality Commission (CQC), with its assessment finding that early support and flexible options are helping people stay independent longer.

The report, which was published Wednesday 20 August, follows a period of assessment which the CQC started in November 2024, culminating in a site visit in early April. It found that people who draw on the council's care felt supported, listened to and offered choices, with care being co-ordinated in a planned way considering people's interests and what was important to them.

##### Cambridgeshire & Peterborough NHS Trust 'requires improvement'

Cambridgeshire and Peterborough NHS Trust has been downgraded from 'good' to 'requires improvement' by the Care Quality Commission. The Trust is responsible for delivering a number of NHS services in the community, including physical and mental health, and specialist services.

The report recognised that the inspection took place 'at a time of ongoing instability for executive leadership' and set out a number of areas the Trust needed to improve. However, it also highlighted several positive findings, including that the new chief executive had been 'well received' and that staff found him open and felt able to raise concerns with him. The report also described some of the research and innovation programmes being carried out at the Trust as 'inspirational' and said inspectors heard about 'many high performing and innovative services'.

##### Measles vaccine reminder

The UK Health Security Agency is reminding parents that measles can be a serious illness. An estimated 5,000 children in Cambridgeshire and Peterborough will start primary school without their MMR vaccination, and more than 8,000 without their pre-school booster. Doses are usually given at one year, and at three years four months, but missed doses can be caught up later.

#### ENVIRONMENT & GREEN INVESTMENT

##### Anglian Water £62.8M payout over sewage breaches

Water regulator Ofwat has agreed a £62.8M redress package with Anglian Water after finding a 'serious breach' in how Anglian Water manages its sewage works. It recognises the water company's repeated failings to maintain and upgrade sewage infrastructure. Ofwat has proposed improvements Anglian Water must make to its wastewater treatment works and network after discovering excessive spills from storm overflows.

Meanwhile, Ofwat itself is being replaced by a tougher water regulator. It is excellent news that the Government has finally seen the need for tougher action against sewage pollution, soaring bills, and bloated bonuses for water bosses.

#### HIGHWAYS & TRANSPORT

##### Highways transparency report

Cambridgeshire County Council has produce detailed reports on its highways maintenance activities as required by the Department for Transport.

A quarter of the £500 million additional maintenance funding from Government for 2025–26 depends on councils publishing reports by the end of June 2025 demonstrating compliance with best practice criteria. The reports must detail five-year maintenance spending comparisons, network condition statistics, pothole repair estimates, and planned maintenance activities. Further information is required by October 2025.

Key highlights from the report:

- Since 2023–24, the amount of capital funding the County Council spends each year on highway maintenance has increased by £35M, from £24M to £59M.
- The County Council has allocated more than £73M for highways maintenance in 2025/26, inclusive of revenue funding.
- Over the last five years, we have repaired an average of 55,400 individual potholes each year.

In 2025/26, the County Council has planned:

- 259 schemes to repair 135km of road (with over 60 per cent being preventative treatment work).
- 253 schemes to repair key walking and cycling routes countywide.
- Five bridges will be upgraded.
- 20 traffic signals will be replaced/upgraded.

More information is available online at <https://www.cambridgeshire.gov.uk/highways-transparency>

#### GREATER CAMBRIDGE PARTNERSHIP

##### Executive Board

On 10 July I attended my first meeting as a member of the Executive Board of the GCP. At my request, we agreed to review the element of the plans for the Barton Greenway which is proposed to run along the Baulk Path in Grantchester. The business case indicated that this piece of Greenway would cost £2.5 million, and attract only one more pedestrian and one more cyclist a day as a result.

##### COMBINED AUTHORITY

Members of the Cambridgeshire and Peterborough Combined Authority (CPCA) board agreed to revise the local bus fare cap scheme and extend it to the end of October 2025; and to extend the temporary Tiger Pass scheme for young people to the end of March 2026. The Mayor's proposal to prevent the Tiger Pass being used for cross-boundary journeys was defeated, as this would have seriously affected young people in places such as the villages around Newmarket. A wider set of options for a permanent Tiger Pass will be developed over the summer.

Routes 9 (Littleport to Cambridge) and 31 (Ramsey to Whittlesey) have been saved, but the Mayor's proposals to cease three bus services including the 8A (March to Cottenham) in order to pay for this were defeated. A number of high-cost routes will be subject to ongoing review, but public transport should not be a zero sum game where one route can only survive at the expense of another.

Contact: [luis.navarro@cambridgeshire.gov.uk](mailto:luis.navarro@cambridgeshire.gov.uk)

Vice-Chair of Adults and Health Committee

## DISTRICT COUNCIL

### CLLR TOM BYGOTT



#### TRIAL VERSION OF GOV.UK APP LAUNCHED

The first version of the GOV.UK App has been launched and is available to download on smartphones: [www.gov.uk/guidance/download-the-govuk-app](http://www.gov.uk/guidance/download-the-govuk-app)

Launching first in "public beta", meaning the technology is still being worked on extensively, the release will allow the public to build the app around their

personal circumstances, life events and services. People will be able to choose which topics to prioritise on their home page, based on which government services are most important to them, whether it's 'care', 'travel' or 'business'. A home page will then let people access these services right away, rather than having to scour the internet each time, so they can get information, request support or change their details with the right government service with ease. Later this year, the UK government will also launch GOV.UK Wallet which will include a pilot digital driving licence, which individuals will be able to easily use from their phone to prove their age when buying age restricted items online and in person. More information is available at: [www.gov.uk/government/news/public-services-put-in-your-pocket-with-trial-govuk-app-launched-today](http://www.gov.uk/government/news/public-services-put-in-your-pocket-with-trial-govuk-app-launched-today)

#### PERIOD POVERTY CAMPAIGN RETURNS

It's really encouraging to see that the council is re-running its period poverty campaign, which first began last year after my group submitted a motion to council calling for action. Last year, the council helped distribute 407 packs of free, sustainable period products including reusable pads, period pants and menstrual cups to help those in need.

#### FOUR-DAY WEEK UPDATE

My group has led the opposition to a four day week, ever since the trial began in January 2023. The council's ruling group says that the main reason for their introducing a four day week is to make it easier to recruit and retain staff. Despite being England's only four-day week council, it was reported in February that SCDC only ranks 28th out of 77 participating councils when it comes to sickness absences for staff. My view is that salaries should be raised for those roles, such as planning officers, where there has been a shortage of staff. After all it is the high cost of housing in the Cambridge area that makes it worthwhile for staff to move to cheaper parts of the country. It is extra income that our staff need rather than more leisure time.

It had been promised that if there were a deterioration in the council's services, the trial would be stopped. Results have just been published of two public surveys, a Public Consultation that anyone could participate in, and a Representative Survey where about 1,000 individuals and 400 businesses in the District were invited to take part. In the first of these, nine of the 13 services - including Bin collection, Council Tax collection, the Contact Centre, Environmental Health, Licensing and Town Planning, registered a 'statistically significant decrease' and the others showed 'no statistically significant difference'. Not a single one registered an increase in performance. In the residents' section of the second survey, three services - Bin collection, Council Tax collection, the Contact Centre, registered a 'statistically significant decrease' and the others showed 'no statistically significant difference' plus one that had too low a sample size to perform the statistical test on. Not a single service registered an improvement. Despite the survey data collected being inadequate to support a final decision on making the trial permanent, the Council's ruling group is determined to vote through the change against all opposition.

Contact: [cllr@bygott.net](mailto:cllr@bygott.net)

South Cambridgeshire District Councillor for Longstanton, Northstowe, Oakington and Westwick

## MEMBER OF PARLIAMENT

### IAN SOLLOW MP



Member of Parliament for St Neots and Mid Cambridgeshire

#### LOCAL BUSINESS VISITS

Over summer, I have spent time out in the constituency visiting local businesses to better understand the challenges they are currently facing both locally and nationally. While it has been a difficult few years for businesses in many ways – with the impacts of Brexit, Trump's tariffs, and recent rises in Employers National Insurance Contributions – a particular issue raised to me during these visits was skills gaps.

It was interesting to see three different approaches to plugging skills gaps across industries at ABB and Coveris in St Neots, and Domino in Bar Hill. Through early talent graduate programmes, green and sustainable skills development, and participation in apprenticeship clusters where learning is shared between employers across the region, each business is pushing hard to provide people of all ages with the skills they need for a successful career. But businesses need support, clarity, and stability from the Government to continue doing this. Looking ahead to autumn, I will be looking for every opportunity to raise the issue of skills gaps and the needs of local businesses and employees.

#### CLIMATE CRISIS & ENVIRONMENT

As we headed into another heatwave in late August, it was disturbing news that these intense weather events may now be our 'new normal'. Heatwaves are not just uncomfortable in our everyday lives but have a wrecking effect globally, and at the same time, failure to invest properly in renewable energy has led directly to sky-high energy bills that are hurting families and businesses across the constituency.

I know from the volume of messages I receive on this that the changing climate and its impacts are major concerns for residents of St Neots and Mid Cambridgeshire.

Back in July, I met a group of local campaigners in Parliament as part of The Climate Coalition's 'Act Now, Change Forever' lobby day. The huge number of people that came from across the country for this day sent a powerful message that the climate crisis is something that the Government must urgently prioritise. Last Parliament, I was proud to support the Climate and Nature Bill, which aimed to make the UK a world leader in tackling the crisis, and I recently put my name to Early Day Motion 1184, which regretted that this bill did not progress in the House of Commons and urged the Government to do more to address critical climate challenges.

I will also now be working alongside climate campaigners in the constituency to understand what matters most to them and how I can best represent them in Parliament. I recognise the crucial role I must play as an MP in stepping up against climate change, and I will continue to fight for our future as best I can.

#### GET IN TOUCH

I continue to hold both in-person and online surgeries to speak directly to constituents about their issues. If you feel you have a problem I could help with, or you have a policy matter you would like to discuss with me, please don't hesitate to contact me at [ian.sollow.mp@parliament.uk](mailto:ian.sollow.mp@parliament.uk) to request a surgery appointment.

If you would like to receive regular updates on my work in the area, please sign up for my newsletter at [www.iansollow.org/emails](http://www.iansollow.org/emails)

## NORTHSTOWE TOWN COUNCIL

### TOWN MAYOR

As autumn settles in and the evenings draw closer, we look ahead to a busy season of community events here in Northstowe. With Halloween around the corner, followed closely by Remembrance Sunday, Light Up Northstowe, and the Winter Festival, there are plenty of opportunities to come together and celebrate, reflect, and connect.

At the Town Council, the last few months have been a time of transition. I'd like to begin by thanking our outgoing Town Clerk, Mark Nokkert, for his dedication and commitment during his time with us. Mark was instrumental in establishing the Town Council and laying strong foundations for the future. On behalf of the Council and the wider community, thank you, Mark, for all your hard work.

We are pleased to welcome Jack Turner as our Locum Town Clerk. Jack brings valuable experience to support us during this interim period and ensure continuity in our work. Alongside Jack's arrival, recruitment for a permanent Town Clerk is well underway, and we hope to be in the advanced stages of the process by the time you read this.

Another key appointment is our new Assets & Estates Manager, who, if all goes to plan, should now be in post and working full speed ahead to prepare for the opening of the Unity Centre in 2026. This is a landmark project for Northstowe and will become a focal point for community life. There's much to do, but momentum is building.

If you would like to get in touch, please feel free to contact me directly at ([Cllr.Benedicic@northstowntowncouncil.gov.uk](mailto:Cllr.Benedicic@northstowntowncouncil.gov.uk)) or email our Town Clerk at ([townclerk@northstowntowncouncil.gov.uk](mailto:townclerk@northstowntowncouncil.gov.uk)). You are also warmly invited to speak at our meetings under the Public Participation item on every agenda. Full Council meets on the fourth Tuesday of the month at 19:00 at The Cabin, and we would love to see more residents getting involved.

**Cllr Jason Benedicic**



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### DEPUTY CLERK

Dear Northstowe residents! I hope you have been enjoying the lovely warm weather over the summer. Autumn, is definitely knocking on the door.

Since our last article, our current Town Clerk Mark, has left us and the Locum Clerk Jack Turner has started.

I would like to say a huge thank you to Mark for all that he has done for Northstowe Town Council and wish him all the best in his new endeavors, it was a real pleasure working with him. I would like to welcome Jack to Northstowe Town Council. Jack will be working remotely throughout his time with us. We also have advertised the position for a new Town Clerk.

### NORTHSTOWE COMMUNITY LOUNGE – EVERY THURSDAY EVENING

Please pop along to The Cabin where the Community Lounge is on every Thursday from 6 – 8 pm, with a wide range of board games, table tennis, new mahjong table and refreshments. It is free and all are welcome. The Community Lounge team looks forward to welcoming you. They have held various events including Defib and CPR training. The Community Lounge is funded with support from a grant from Cambridge ACRE.

### MOBILE FOOD HUB – EVERY FRIDAY MORNING

This is run by the Non-Profit Organisation Hope CIC. They operate on The Green every Friday morning from 10:30 – 11:30 am. Fresh produce and essential items are on offer – some of which are free; everything else offered at below retail price – to help residents with rising food prices.

### NORTHSTOWE – LONGSTANTON PARKPLAY – EVERY SATURDAY MORNING

ParkPlay is a wonderful way to get outside for an hour or two. Sessions are free and continue to be held every Saturday at The MUGA behind the Sports Pavilion, between 10:30 am and 12:30 pm. Hektor is your Park Play Leader; do pop along to join in and see what it is all about.



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 OVER DAY CENTRE

**Friday  
10th October**

# QUIZ NIGHT

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**Friday 10th October**  
7.30pm start | £10 per person  
Up to 8 people per team

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### AUTUMN AID FOR NORTHSTOWE'S WILDLIFE

As autumn arrives, Northstowe's nature is quietly preparing for colder days and nights. From mammals and amphibians to birds and insects, many of our wild neighbours rely on extra food and shelter to survive.

The good news is we can all play a part in helping them, whether in the garden or among Northstowe's biodiverse green spaces.

As food becomes scarcer and temperatures drop, they need our help more than ever.

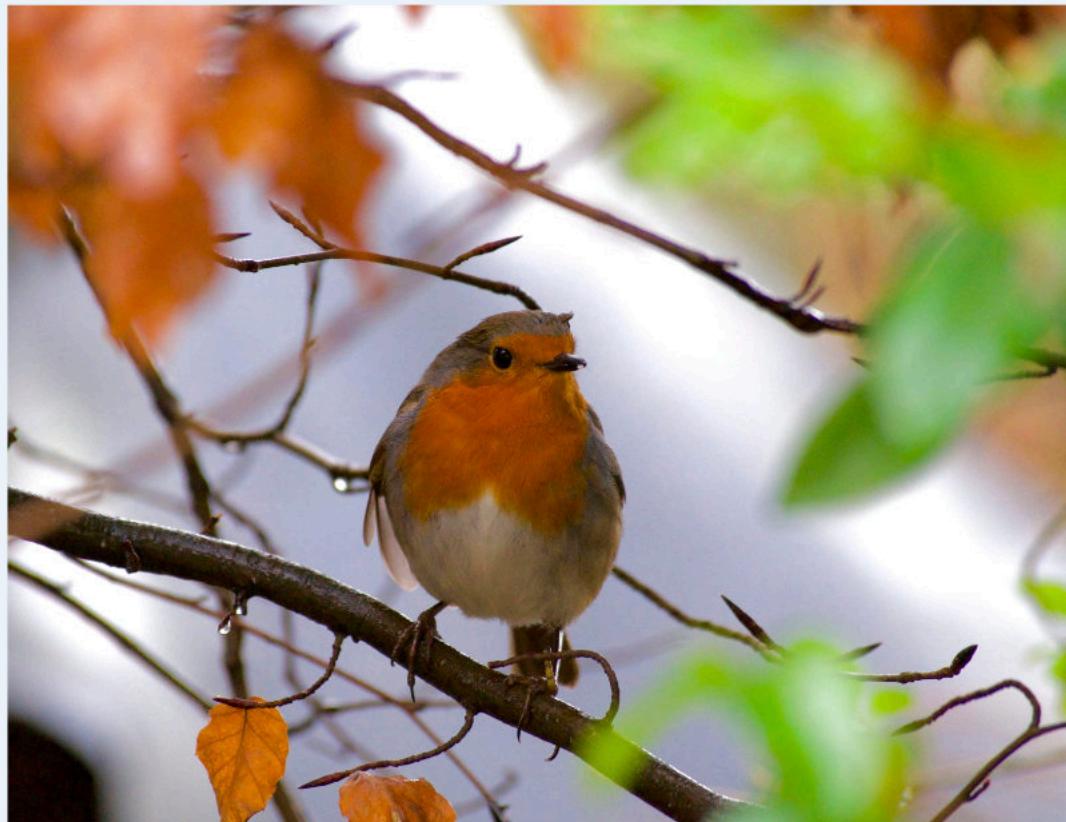
#### PROVIDE FRESH FOOD

**Birds:** Leave out high-energy foods such as suet cakes, seeds or leftovers (favourites are cheese and porridge oats) and fresh water. In freezing weather, feeding twice daily is best.

**Hedgehogs:** Meaty cat food (not fish-based), special hedgehog treats or even scrambled eggs can help them fatten up for hibernation. Leave out fresh water but never milk as this can make them ill!

**Foxes and Badgers:** Both love cheese, cooked meat, boiled potatoes or fruit, best served in the evening.

**Squirrels:** Our furry foragers adore hazelnuts, almonds, chopped apples and carrots. Leave treats in a quiet spot so they can safely stock up.



Greenbelt Group directly and indirectly helps wildlife and our work at Northstowe has been recognised in the Pro Landscaper Sustainability & Biodiversity Awards.

#### CREATE SAFE AND COSY HAVENS

Build or buy a hedgehog house for a quiet corner. Leaf piles and log stacks also offer wonderful natural shelter for mammals and insects.

Clean out bird boxes or hang new ones – birds will often use them as winter roosts and return in spring to nest.

Don't throw away your carved Halloween pumpkins! Transform them into bird feeders by filling with seeds and placing on a table or hanging from a tree. Don't leave them on the ground as pumpkin is not good for hedgehogs. Once they begin rotting they make great compost.

Greenbelt Group focuses on nurturing outdoor habitats that are beautiful, biodiverse, sustainable and of benefit to all our wild neighbours.

So let's all do our part this season for Northstowe. Even the smallest changes can make big differences.

Did you know Greenbelt Group's operations incorporate working with local communities and this can mean helping to provide features such as wildlife refuges, including bird and bat boxes?

Are you or someone you know at Northstowe planning a project to help wildlife? Greenbelt Group's Community Liaison team can help. Find out more at [greenbelt.co.uk/my-community](http://greenbelt.co.uk/my-community)



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## NORTHSTOWE'S NEW COHOUSING COMMUNITY

A NEW COHOUSING NEIGHBOURHOOD IS COMING TO NORTHSTOWE.

The project is led by the team behind Marmalade Lane cohousing community in Cambridge. Marmalade Lane has won multiple national awards for design and social impact, and is widely recognised for tackling loneliness, fostering community and supporting more sustainable lifestyles.

Now, the same principles are being brought to Northstowe. The new neighbourhood will feature high-quality, energy-efficient homes and generous shared facilities, including a common house for shared meals and events, a communal garden, and a car-free lane where neighbours can meet and children can play safely.



Cohousing offers the best of both worlds: a private home of your own, with the option to share spaces, resources and support with neighbours. The benefits include:

- Everyday connections that reduce loneliness
- More sustainable living by sharing resources
- Freedom for children and young people to play safely and independently
- Mutual support across generations – from childcare to neighbourly help in later life

Two groups are now taking shape at Northstowe, both committed to building an intergenerational community:

- Suvana Cohousing: a community grounded in Buddhist values
- Northstowe Cohousing: a secular group united by a desire to live more sustainably, sociably and cooperatively

### WHAT IS COHOUSING?

Cohousing is a form of community-oriented living where residents have their own self-contained homes, alongside shared spaces and facilities. Communities are designed, owned and run by the residents themselves.

### GET INVOLVED

Find out more and join the mailing list at: [www.wearetown.co.uk/projects/northstowe](http://www.wearetown.co.uk/projects/northstowe)

Or email [cohousing@wearetown.co.uk](mailto:cohousing@wearetown.co.uk).

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# SPORTS, HEALTH AND WELLBEING



## HUNTINGDON AND NORTHSTOWE HOCKEY CLUB

THE NEW HOCKEY SEASON HAS STARTED IN NORTHSTOWE

Huntingdon and Northstowe Hockey Club are excited to be back on the astro for the 2025–26 season. Pre-season training started on 20 August and we were treated to a lovely sunset. We are more used to training under floodlights once the darker evenings draw in. Ahead of our Saturday matches starting, we enjoyed volunteering at Bug Hunter Waters Parkrun and meeting residents at the Northstowe Running Festival.

We have welcomed new players to our first few training sessions of the year and there is still the opportunity for members to join us throughout the season. Whether you have never played before and fancy giving hockey a try, or you played in school and haven't picked up a stick since, please get in touch by emailing [hello@huntingdonandnorthstowehockeyclub.com](mailto:hello@huntingdonandnorthstowehockeyclub.com). Perhaps your daughter plays at school and wants more opportunities to practice her hockey skills. In fact, we have quite a few mothers **and** daughters in the club! Training is on Tuesdays from 7 – 8.30pm and the club is open to women and girls aged 12+.

We play our home league matches (East Hockey Division 4NW) on the astro at Northstowe Secondary College. Below are the dates for the first half of the season. Push back is at 10.30am and we would love to have supporters there to cheer us on. Please do come along and support your local hockey team!

Saturday 27 September v Long Sutton 2

Saturday 11 October v Bourne Deeping 2

Saturday 25 October v Cambridge City 7

Saturday 15 November v Cambridge Nomads 2

Saturday 29 November v Cambridge South 5

Saturday 6 December v Pelicans 2



## BUG HUNTER WATERS PARKRUN

As the mornings turn colder and the leaves begin to change, Bug Hunter Waters parkrun keeps going every Saturday at 9am.

We welcome an average of 240 runners and walkers each week, supported by around 25 volunteers. Without them, our event simply couldn't happen. We know the autumn and winter months can make it harder to fill our roster, but volunteering is a rewarding way to be part of parkrun. You don't need any experience, and every role comes with the full support of our friendly team. Many of our runners and walkers take turns in the hi-vis, and almost everyone who tries it says they enjoy it even more than they expected.



This year we've been especially grateful to our Duke of Edinburgh students, our regular helpers, and the tourists who have stepped in to help. Whether you've worn the hi-vis once or several times, your support is what keeps our event thriving.

If you've been thinking about giving it a go, now is the perfect time. Wrap up warm and come and discover the magic. Message us via Facebook or email [bughunterwaters@parkrun.com](mailto:bughunterwaters@parkrun.com) to get involved & find out more.

### Pregnancy, Birth, Babies and Beyond in Northstowe

#### Pregnancy

Pregnancy Yoga  
Birth Preparation Support groups



**Newborn**  
Baby Massage  
Feeding Support  
Slings/Carriers  
Support groups

#### Baby

Postnatal Yoga with Baby  
Starting Solids (weaning)  
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Contact Cristina at  
<https://myyogacorner.uk/>  
MyYogaCorner@gmail.com  
text/WhatsApp: 07765211807



## NORTHSTOWE CHESS CLUB

please email: [chessnorthstowe@outlook.com](mailto:chessnorthstowe@outlook.com)

if you plan to join

<https://www.northstowechessclub.com>

**WHERE:** Tap & Social Upstairs mezzanine

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## NORTHSTOWE PERI/MENOPAUSE SUPPORT GROUP

### UPCOMING MEETING DATES

SEPTEMBER 17TH

MANDY HILL -NUTRITION ADVICE

OCTOBER 15TH

LONGSTANTON WELLNESS -MENTAL HEALTH THROUGH MENOPAUSE

NOVEMBER 19TH

DR KATHERINE MELLANBY - MEDICAL MATTERS

DECEMBER - TBA

CHRISTMAS SOCIAL - TBC

JANUARY 21ST

ALAINA BUNCE -SOCIAL PRESCRIBER

JOIN US AT THE CABIN, NORTHSTOWE

6.30 - 8PM

FIND US ON FACEBOOK @ NORTHSTOWE PERIMENOPAUSE/MENOPAUSE SUPPORT GROUP



EMAIL: [northstowe.community@scambc.gov.uk](mailto:northstowe.community@scambc.gov.uk)

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## COTTONHAM RENEGADES

Did you know that Cottenham Renegades is the nearest rugby union club to Northstowe, and we are always on the lookout for new players? Cottenham is easily accessible by bicycle from Northstowe via Rampton as well as by road.

Renegades is a very friendly club, and you will receive a warm welcome whether you are an experienced player or a complete novice to the game. We play competitive rugby, but we are social and inclusive off the pitch. We play at Cottenham Village College on Saturdays during the rugby season (September to April) and train on Wednesday evenings (in Northstowe at the secondary school from October 1 from 7:30pm to 8:30pm. Before that from 7:00pm to 8:00pm at Cottenham Recreation Ground). During Summer we play touch rugby to keep up fitness and to keep the social side of the club going.

We take having a good time off the pitch as seriously as we take the rugby. We always have a well-attended post-match food and refreshments, and we have regular social events to which partners are welcome to attend. Our annual tours (to a variety of locations in the UK and outside) are well supported and great fun. Unlike some other clubs, nobody is pressured to do anything with which they are not comfortable.

If you are 17 or older, keen to get fit(ish) and up for a laugh, get in touch and we'll do the rest!

Have a look at the Renegades website (<https://renegadesrugby.net/>) and/or come along to watch a game and meet the players. You will get a warm welcome. If you would like a more immediate response, please call Eddie on **07966 404 813** and he will be delighted to give you any information you need.



## SMALL SHIFTS, BIG DIFFERENCE

### SIMPLE POSTURE HABITS FOR A SMOOTHER LABOUR

Most of us think of our posture in pregnancy simply to avoid backache or hip tension: slouching into a soft chair can round the back, while standing with weight shifted to one side compresses the pelvis unevenly.

What's less well known is that the way you sit, stand, and move each day can also affect how your baby settles in the womb and, in turn, shape your labour and birth.



Babies are more likely to find the most favourable position, one that often helps labour unfold more smoothly, when:

- your pelvis tilts forwards, making space for gravity to draw their head down, and
- you lean forwards and relax your belly muscles, encouraging their back to rotate to your front.

Habits like slumping on the sofa or a recliner, or sitting with knees higher than hips, can encourage baby to lie "back-to-back," which can mean a longer or more uncomfortable labour.

### TINY TWEAKS THAT MAKE A DIFFERENCE

- Sit on your sit bones rather than on your tailbone, to tilt the pelvis forward slightly.
- Keep knees lower than hips for a deeper tilt.
- A correctly sized birth ball helps with both, while also allowing gentle movement.
- Relax the lower belly to form a "hammock" that supports baby and creates space.
- Avoid crossing your legs, which tips the pelvis back.
- Gentle pelvic rocking, or being on hands and knees, also gives baby room to adjust.

### It's not about perfection — just awareness

Most babies will find a favourable position by late pregnancy, whether or not you focus on posture. But small shifts throughout the day can help you feel more comfortable and give you both the best chance of a smoother labour.

These ideas are part of what we explore in pregnancy yoga — alongside breath, movement, relaxation, and hypnobirthing techniques that prepare both body and mind for birth.

**Cristina Freniche**, Pregnancy Yoga Teacher and owner at My Yoga Corner, Northstowe

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Community (District) Nurses: 0330 726 0077 Health Visitors: 0300 029 5050

### A&E IS NOT AN ALTERNATIVE TO A GP APPOINTMENT.

WHEN THE SURGERY IS CLOSED PLEASE CALL 111 FOR MEDICAL ASSISTANCE, OR 999 FOR A LIFE THREATENING EMERGENCY

FOR URGENT MENTAL HEALTH SUPPORT, PLEASE CALL 111 AND SELECT OPTION 2

#### WINTER FUEL ALLOWANCE 2025 UPDATE



Following a review by central government for 2025, most pensioners in England and Wales will receive the Winter Fuel Payment. The payment will be reinstated for all pensioners with a taxable income below £35,000 per year. If your income is above that threshold, you will still receive the payment and it will be recovered through the tax system.

If you're eligible, you'll get a letter in October or November and most eligible people will be paid automatically in November or December.

If you haven't received a payment before, and believe

you are eligible, you can contact the Winter Fuel Payment by telephone, post or online to make a claim.

#### BE AWARE OF POTENTIAL SCAMS RELATED TO WINTER FUEL PAYMENT CLAIMS

For further information please visit

<https://www.gov.uk/winter-fuel-payment> or telephone 0800 731 0160

#### CONTACTING THE SURGERY

Emails to the surgery are not the appropriate route for our patients to make clinical contact with the GP and we ask that you do not convey any clinical information this way. This includes, for example, asking clinical questions, letting the GP know that you are changing doses of your medication or wanting to update the GP before attending an appointment with them. On receipt of such emails, our only response will be to ask you make a GP appointment.

Please also note that we are unable to book appointments via email or our AccuRx Patient Triage system. You are able to make your appointment via SystmOnline, by using the NHS App or telephoning the surgery and speaking to our reception team.

#### CANCELLING APPOINTMENTS

We understand that sometimes plans change and you may find you are unable to attend the surgery for a pre-booked appointment. We respectfully ask that you contact the surgery by telephone to let us know if you can no longer make it. You will not have to hold for any period of time, just press option 3 which will allow you to leave a message. Please do not cancel appointments last minute via email as, when we are very busy, we are unable to monitor the email inbox.

#### MEDICATION CHANGES

If you have been contacted regarding an unexpected change to your medication, this is likely to be due to an NHS policy to ensure that patients are receiving the most medically appropriate and cost-effective treatment. As a result, to keep up to date with the latest national and local guidelines, changes to treatment are sometimes necessary. If you have any queries or concerns these should be directed to Spirit Health by email to [info@spirit-healthcare.co.uk](mailto:info@spirit-healthcare.co.uk) or by telephoning their 24 hour helpline on 0800 881 5423.

#### BLOOD TESTS

If you have a pre-arranged blood test booked in the surgery, it is important to ensure you are well hydrated when you attend for your appointment. This also includes when attending for a fasting blood test – although you must not eat, please ensure that you drink plenty of water. This will help to make your test less uncomfortable.

#### REFERRALS

If during your consultation the GP or nurse has arranged a referral to the hospital or a community service, and you have not heard anything after two weeks from either the surgery confirming your referral has been sent or from the hospital/service, please make contact with our secretaries to chase.

#### HOSPITAL MEDICATION

We would like to remind our patients that the best place to collect any medication prescribed by clinical staff whilst visiting the hospital is from the pharmacy located in the hospital itself. We understand that queues and waiting times are often long and frustrating but by not waiting to collect will only cause further delays. To clarify, the dispensary are unable to dispense any hospital requested medication without a clinic letter and these letters are often not received in the surgery for a few days after a clinic appointment/hospital attendance. In addition, the dispensary does not stock hospital medication so it has to be ordered in, which can sometimes take days, again causing further delays. So, please collect your medication from the hospital pharmacy to ensure that there is no interruption to your care.

#### ADULT FLU CLINICS – SUPPORT YOUR SURGERY AND BOOK WITH US

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**Saturday 18/10/25**

at the Longstanton Surgery

##### Under 65's

If you are eligible (aged between 18-64 and have certain health conditions, are pregnant, live in a care home, are a main carer or live with someone who has a weakened immune system) please contact our reception team to book.



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The **Pneumococcal Vaccine** is available year round for everyone who is aged 65 years and over.

The **RSV (Respiratory Syncytial Virus) Vaccine** is available year round for everyone who is aged between 75 and 79 years of age and for all pregnant women who are over 28 weeks.

The **Shingles Vaccine** is available year round for everyone who is aged between 70 and 79 years of age and have never received a shingles vaccine, for individuals who reach the age of 65 or 70 years of age during the period 01/09/23 and 31/08/2028 (these individuals should be vaccinated on or after (but not before) their 65th or 70th birthday), individuals who are aged 50 years and above and meet the definition of severe immunosuppression and for those who are aged between 18 and 49 years and receiving a stem cell transplant. Please note, when booking your second (booster) shingles vaccination, that this cannot be administered any sooner (even by one day) than six calendar months after the first vaccination was given.

#### PATIENT PARTICIPATION GROUP (PPG) MEETINGS

The PPG brings together patients, GPs and staff from a GP practice. They meet 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. All of our patients are welcome.

The next meeting will be held on **Wednesday 12th November, 7pm-9pm** at the Willingham Medical Practice.

#### CARERS MEETINGS

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meetings on **Wednesday 1st October and Wednesday 5th November**, at the **Wilford Furlong Centre in Willingham**, where we will be holding drop in sessions **between 2pm and 4pm**. Please come along and get some support from other people in the local community. Refreshments are provided, there's no need to pre-book and it's completely **FREE!** Meetings are held on the first Wednesday of every month and for more information please contact [susan.lawson7@nhs.net](mailto:susan.lawson7@nhs.net)

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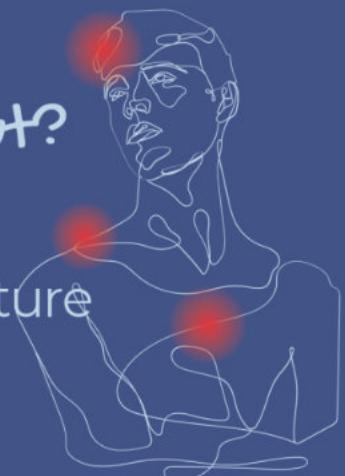


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## WHAT'S ON IN NORTHSTOWE

## MULTIPLE DAYS

**MEET THE COMMUNITY OFFICERS**

Come to meet our council Community Development Officers, drop-in any time between 9:30am–4:40pm on Tuesdays–Thursdays, or to make an appointment email [northstowe.community@scambs.gov.uk](mailto:northstowe.community@scambs.gov.uk)

**MIDWIFE AND COMMUNITY HEALTH SERVICES**

Services available in the Cabin at various times all week, by appointment only

**FOOD TRUCKS**

Northstowe foodies hosts food trucks weekly at the Green, 5–8pm Wed–Sun. Line-ups can be viewed on their page on FB and Instagram @NorthstoweFoodies

## MONDAYS

**MAKE & MINGLE**

Bring your latest craft projects and meet up with other crafty locals. 2nd Monday of the month, 10am at Tap & Social. [northstowearts.co.uk](http://northstowearts.co.uk)

**YOUNG PARENTS GROUP**

Weekly play session for young parents 25 and under with children 0–5 years. To book email [childandfamilycentre.south@cambridgeshire.gov.uk](mailto:childandfamilycentre.south@cambridgeshire.gov.uk) 1pm–2:30pm at the Cabin.

**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. Suitable from birth, 1pm at Longstanton Village Hall. [myyogacorner.uk](http://myyogacorner.uk)

**TANG SOO DO (£)**

Family-friendly martial arts club. Classes for children ages 6–14, at 4:30pm in WPP. Email [enquiries@Northstowetsd.co.uk](mailto:enquiries@Northstowetsd.co.uk)

**BEAVERS**

Beaver Scouts aged 6–8 Years will get a chance to try a wide range of different activities. 17:45 – 18:45 at NSC. Email [info@1stnorthstowescouts.org.uk](mailto:info@1stnorthstowescouts.org.uk)

**ADULT DANCE (£)**

Explore a mixture of dance styles. 17:45–18:35 at Tap & Social. Book: [app.classfit.com/Studio/179657](http://app.classfit.com/Studio/179657)

**OVER POWER (£)**

Fitness, Strength, Conditioning circuits. We help ladies to tone up, lose weight and feel great. PFPS playground, 6pm & 7pm. [www.overpowerfitness.com](http://www.overpowerfitness.com) [overpowerfitness@outlook.com](mailto:overpowerfitness@outlook.com)

**NORTHSTOWE BADMINTON CLUB (£)**

Adults social badminton. 18:30–20:00 at NSC.

**BODYBURN (£)**

Low impact workout. 18:45–19:35 at Tap & Social. To book visit [app.classfit.com/Studio/179657](http://app.classfit.com/Studio/179657)

**CUBS**

Excitement and adventure for Cub Scouts aged 8 to 10½, be creative and get involved in your local community. 19:00 – 20:15 at NSC. Email [info@1stnorthstowescouts.org.uk](mailto:info@1stnorthstowescouts.org.uk)

**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](mailto:george@kickstartactivelife.co.uk)

**NETBALL CLUB (£)**

Meet a great group of women of all abilities who are learning to play netball. 7pm–8pm at WPP. Search Facebook for [Northstowe Netball Club](#)

**TAI-CHI (£)**

Weekly relaxation and inner peace. 19:30 at the PFPS. To book please email [malcolmsavannah23@gmail.com](mailto:malcolmsavannah23@gmail.com)

**SOCIAL RUN**

Longstanton and Northstowe Limpers social run meeting on The Green at 19:30 [facebook.com/LandNLimpers](http://facebook.com/LandNLimpers)

**BOOK CLUB**

Meet to discuss books on Monday evenings once per month. New members always welcome. [www.facebook.com/groups/607693023324785](http://www.facebook.com/groups/607693023324785)

**NORTHSTOWE JETS BASKETBALL (£)**

Ball handling, shooting, positioning, attacking, defending, fitness. All skill levels welcome. 20:00–21:00 at NSC. [northstowebasketball@gmail.com](mailto:northstowebasketball@gmail.com)

## TUESDAYS

**MICRO LIBRARY**

Drop in at the Cabin any time 9:30–4pm

**STAY AND PLAY GROUP**

Weekly play-based activities for families with children age 10 months or walking. 10–11:30am in the Cabin. 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 Cabin. Phone 01954 284 672 to book.

**GUIDES (GIRLGUIDING) (£)**

A group for girls aged 10 to 14 to explore the things they love and do stuff they've never done before. Activities, crafts, games and more. [guiding@thehays.net](mailto:guiding@thehays.net)

**NORTHSTOWE HUB CAFÉ**

Make new friends – Take your time and relax – Meet with others. 4pm–6:30pm at NSC.

**FASTBREAK BASKETBALL (£)**

Indoor sessions in the NSC Sports Hall, 12 & Under at 6pm, 14 & Under at 7pm [northstowe@fastbreakbasketball.co.uk](mailto:northstowe@fastbreakbasketball.co.uk)

**HUNTINGDON AND NORTHSTOWE HOCKEY CLUB (£)**

NSC Astroturf, 7pm – 8:30pm All abilities welcome. Contact [hello@huntingdonandnorthstowehockeyclub.com](mailto:hello@huntingdonandnorthstowehockeyclub.com)

**FIREFLIES NETBALL CLUB (£)**

A friendly 16+ netball club training 7:00–8:30pm year-round at NSC. Try first month free. [FirefliesNetballClub@gmail.com](mailto:FirefliesNetballClub@gmail.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. [myyogacorner.uk](http://myyogacorner.uk)

**NORTHSTOWE CHORUS**

A new community choir for anyone who enjoys singing. 7pm one Tuesday a month at NSC, check dates at [northstowearts.co.uk](http://northstowearts.co.uk)

**NORTHSTOWE BOARD GAMERS**

Join us to play modern-style strategy and tabletop games, anything from Alhambra to Ziemlich Zugig! From 7:30pm every Tuesday 21 Heron Road, CB24 1AS. [northstowe.gamers@thecollars.uk](mailto:northstowe.gamers@thecollars.uk)

## WEDNESDAYS

**NORTHSTOWE HUB CAFÉ**

Make new friends – Take your time and relax – Meet with others. Open 9am–12:30pm and 3:30–5pm in the foyer at the Cabin.

**THE BABY HUB**

Feeding and weaning, slings and carriers, cloth nappies and pottying, or just come along for a chat even if you don't need any specific support! 10:30–12pm alongside the Northstowe Hub Cafe in the Cabin. [babyhub@northstowehub.org](mailto:babyhub@northstowehub.org)

**LITTLE STARS (£)**

Preschool ballet and dance with Stardust Dance Academy. 10am–11:15 in the Cabin. Book at [www.stardustdanceacademy.com](http://www.stardustdanceacademy.com)

**YOUTH DROP IN AT NORTHSTOWE HUB CAFÉ**

Youthwork run by Romsey Mill and Northstowe Youth Hive for school years 7–9. 4–5:30pm termtime. Free snacks, or add low cost treats from the cafe.

**1ST NORTHSTOWE RAINBOWS**

For girls aged 4–7. 5:15–6:15pm in Hatton Park School, Longstanton.

**OVER POWER (£)**

(See Monday's entry for details) PFPS playground, 6pm and 7pm.

**KARATE CLUB**

Family friendly – Age 6+, children and adults welcome. 6:30–7:30pm in the Cabin. [www.northstowekarate.com](http://www.northstowekarate.com)

**MAKE & MINGLE**

Bring your latest craft projects and meet up with other crafty locals. 3rd Wednesday of the month, 7pm at Tap & Social. [northstowearts.co.uk](http://northstowearts.co.uk)

**LONGSTANTON AND NORTHSTOWE LIMPERS**

Session starting at 7:30pm for people that are new to running or getting back into it. [facebook.com/LandNLimpers](http://facebook.com/LandNLimpers)

**DANCE FIT (£)**

Adult class with Stardust Dance Academy. 7:30–8:30pm in the Cabin. Book at [www.stardustdanceacademy.com](http://www.stardustdanceacademy.com)

## THURSDAYS

**LITTLE EXPLORERS**

Time for you, your child, and God. Breakfast from 9:15, main session 9:45–10:45am in PFPS [www.northstowe.church/little-explorers](http://www.northstowe.church/little-explorers)

**BPHA DROP-IN SESSIONS**

Second Thursday of the month at the Cabin 9:30am–11:30am. To talk about any community matters, difficulties, challenges, suggestions or feedback.

**MICRO LIBRARY**

Drop in at the Cabin any time 9:30–4pm

**THOUGHTFUL THURSDAYS**

Emotional support, case management and life admin. From Cambridge Acorn Project. 9:30–11am, (term times) in the Cabin.

**OVER 60S GROUP**

Meet old friends and make new ones. 2<sup>nd</sup> and 4<sup>th</sup> Thursdays each month, 10–11am in the Cabin

**SLING LIBRARY**

Collection of slings and baby carriers, available to try and to hire. Run by experienced babywearing consultant. 13:30–14:30 at Tap and Social [myyogacorner.uk](http://myyogacorner.uk)

**GYMNASTICS (£)**

Preschool gymnastics with Stardust Dance Academy. Book at [www.stardustdanceacademy.com](http://www.stardustdanceacademy.com)

**TANG SOO DO (£)**

(See Monday's entry for details) 4:30pm in WPP.

**NORTHSTOWE COMMUNITY LOUNGE**

Socialise with neighbours and have access to free Wi-Fi, hot drinks and refreshments. 6–8pm every Thursday at the Cabin. Free for everyone. We're planning well-being sessions, language classes, games night and more activities. [www.northstowntowncouncil.gov.uk](http://www.northstowntowncouncil.gov.uk)

**SUSTAINABLE NORTHSTOWE**

Making Northstowe a green, clean, biodiverse and interconnected place for current and future residents. 4<sup>th</sup> Thursday of the month, 7pm in the Cabin. For more info see [facebook.com/sustainablenorthstowe](http://facebook.com/sustainablenorthstowe) or email [sustainable.northstowe@outlook.com](mailto:sustainable.northstowe@outlook.com)

**NORTHSTOWE CRICKET CLUB**

Outdoor season underway. Net practice at Fen Ditton Recreational ground, contact [northstowecricket@gmail.com](mailto:northstowecricket@gmail.com) [northstowe.play-cricket.com/home](http://northstowe.play-cricket.com/home)

**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](mailto:northstowe@fastbreakbasketball.co.uk)

**OVER POWER (£)**

(See Monday's entry for details) PFPS playground, 6pm and 7pm.

**SCOUTS**

For ages 10½ to 14. Build and develop young people's confidence, sense of adventure and outdoor skills. 19:15–20:30 at NSC. Email [info@1stnorthstowescouts.org.uk](mailto:info@1stnorthstowescouts.org.uk)

**NORTHSTOWE'S COMPLINE (NIGHT PRAYER)**

Stop, Breathe, Pray. Thursdays 8–9pm. [www.northstowe.church/compline](http://www.northstowe.church/compline)

## FRIDAYS

### ACROBATICS AND DANCE

Pre-school class with Studio Fogg Dance. 9:45–10:45 in the Cabin. Book at [studiofogg.co.uk](http://studiofogg.co.uk)

### WALKING FOR ALL

A social walk around Northstowe, followed by a free drink. 14 February and 14 March, starting 10:15 at the Cabin.

### MOBILE FOOD HUB

Low cost fresh produce and essential items, from Hope on the Go. No voucher or referrals needed, simply drop by. 10:30–11:30 on The Green.

### BABY AND POSTNATAL YOGA (£)

Have fun with your baby while safely rebuilding your core and pelvic floor, stretching and strengthening. Suitable after your 6/8 week check. 11:30am at Longstanton Village Hall. [myyogacorner.uk](http://myyogacorner.uk)

### BABY MASSAGE 5 WEEK COURSE (£)

(See Monday's entry for details)

1pm at Longstanton Village Hall.

### MOBILE LIBRARY

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

### ARTS CLUB (£)

Children's activity with Artastic Kids Club. 4–5pm in the Cabin, book at [www.gorgeouslittlethingsuk.com](http://www.gorgeouslittlethingsuk.com)

### SEWING AND DESIGN (£)

Children's activity with Artastic Kids Club. 5–7pm in the Cabin, book at [www.gorgeouslittlethingsuk.com](http://www.gorgeouslittlethingsuk.com)

### 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 [colinhappidojo@gmail.com](mailto:colinhappidojo@gmail.com)

### NORTHSTOWE BADMINTON CLUB (£)

Adults social badminton. 18:00–19:30 at NSC.

## SATURDAYS

### BUG HUNTER WATERS PARKRUN

A free, fun and friendly weekly 5k. 9am at Bug Hunter Waters, near the bridge. Please register at [www.parkrun.org.uk/bughunterwaters](http://www.parkrun.org.uk/bughunterwaters)

### PARKPLAY @ WESTERN PARK SPORTS PAVILION

FREE Healthy outdoor fun with games for everyone. Join us every Saturday any time between 10:30am and 12:30am on the Multi-Use Games Area behind WPP. Please register at <https://park-play.com/register/>

### MY YOGA CORNER WORKSHOPS (£)

Birth rehearsals - Breastfeeding - Babywearing and sling library - Starting solids. 10am–12 at Longstanton Village Hall. [myyogacorner.uk](http://myyogacorner.uk)

### CATHOLIC MASS

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

## SUNDAYS

### NORTHSTOWE HUB CAFÉ

Drop in for a chat, use the micro library and have a drink! 10am–12pm in the Cabin

### PATHFINDER CHURCH SUNDAY MORNINGS

'Praying, exploring, and sharing' intergenerationally. 9:30am PFPS (Church of England, United Reformed Church, Baptist Union) [www.northstowe.church/pathfinder](http://www.northstowe.church/pathfinder)

### BETHEL REVIVAL CHURCH

You're warmly invited to join us for our Sunday services. Every Sunday 10am in the Cabin

### 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](http://www.emmanuelchurchnorthstowe.org)

### IGNITE YOUTH GROUP

Youth group from Emmanuel Church Northstowe for anybody ages 11–14. 5pm alternate Sundays in the Cabin. Email [ignite.ecn@gmail.com](mailto:ignite.ecn@gmail.com) or check [emmanuelchurchnorthstowe.org](http://emmanuelchurchnorthstowe.org)

## LOCATION ABBREVIATIONS

**Cabin** The Cabin, 1 The Green, CB24 1FD

**NSC** Northstowe Secondary College, CB24 1DJ

**PFPS** Pathfinder Primary School, CB24 1AA

**WPP** Western Park Pavilion, CB24 1DA

**KEEP US UPDATED PLEASE!** Spotted any errors, changes, or more groups to be included? Please email [northstowenews@gmail.com](mailto:northstowenews@gmail.com)



## Northstowe's Act of Remembrance

with wreath laying  
Sunday 9th Nov 10.45 AM



## Are you 60 or over?

Would you like to meet other residents and have a chat over a tea or coffee?

If yes, Come and Say Hello on:

Thursday 9 and 22 October  
Thursday 13 and 27 November  
Thursday 11 December



10am - 11am



### The Cabin, Northstowe

(Community Centre, Pathfinder Way, CB24 1FD)

Meet old friends and make new ones. A lovely place to share information and ideas.



Email: [northstowe.community@scambs.gov.uk](mailto:northstowe.community@scambs.gov.uk)



## LIGHT UP NORTHSTOWE

Saturday 22<sup>nd</sup> November

5-9pm

Tree lights on  
at 7pm



SIGN UP FOR ADVENT WINDOWS 2025



Each evening in December, a newly decorated window will be unveiled somewhere in town, bringing light to the darkness with creativity, colour, and hope.

Whether your JOY is found in singing carols, twinkling fairy lights, time with loved ones, or the Christmas story itself — we'd love you to share it in your window.

- Email [advent@northstowe.church](mailto:advent@northstowe.church) to reserve a day
- Decorate your window with the theme of JOY
  - any style, any materials!
- Everyone is invited: families, schools, businesses, community groups, and individuals.



# Christmas Fair

Sat 15th Nov | Sun 16th Nov  
9am - 4pm | 10am - 4pm

Festive gifts, food, drinks,  
music & activities



**Food Trucks,  
Performances,  
Local Traders  
and more....**

## Let's celebrate winter together in Northstowe!

With the autumn well under way it will not be long before the winter months are upon us. But even as the days grow short and the temperatures low, there'll be a time to bring light and warmth together with friends and neighbours with our new town's now regular tradition of the Light Up Northstowe event on The Green!

Light Up Northstowe aims to bring everyone in our community together once again, just as we do in our Midsummer Festival. This year, Northstowe Hub is working closely with local partners, including Northstowe Town Council, to make it an unforgettable evening with great food and drink (including free hot chocolate!), fun performances from local community groups, tempting offerings from local traders, and even more...

**Save the date! Saturday 22<sup>nd</sup> November 5-9pm (Tree lights on at 7pm)**



If you would like to volunteer on the day or drop us a line about this year's Light Up Northstowe event, please do contact us on Facebook, at one of our Café sessions (at Northstowe Secondary College or at The Cabin) or by e-mail: [info@northstowehub.org](mailto:info@northstowehub.org)



## NORTHSTOWE ARTS UPDATE

### A TOAST TO COMMUNITY CREATIVITY IN NORTHSTOWE

We're still glowing from the joy of the first Northstowe Art Show, held at The Cabin in late September. A huge thank you to everyone who shared their work or came along to celebrate local creativity—from paintings and photography to sculpture and digital art. The energy was warm, the talent incredible, and the community spirit strong.



If you're feeling inspired, there's plenty more to get involved in. Northstowe Makers is back for its second and third free creative sessions: Thursday 9th October and Thursday 13th November, 1–3pm at The Cabin. Come and explore willow and wool in a friendly, relaxed setting—no experience needed, all materials provided. Book your place at [northstowearts.co.uk](http://northstowearts.co.uk)

Make & Mingle is your space to bring along whatever you're working on—knitting, drawing, painting, sewing—and simply enjoy a cuppa and a chat while you make. Join us on Mondays 13th October and 10th November, 10am at Northstowe Tap & Social; Wednesdays 15th October and 19th November, 7pm also at Tap & Social; or Sundays 5th October and 2nd November, 10am at The Cabin. Just drop in!

### MORE VOICES, MORE JOY

Love to sing? Join Northstowe Chorus—a relaxed, all-welcome choir meeting on the first Tuesday of each month, 7pm at Northstowe Secondary College. No auditions, just enthusiasm!

For theatre lovers, Northstowe Players invites you to help shape their next production. Whether you're into acting, props, costumes or backstage, rehearsals run Thursday evenings. All are welcome—no experience needed, and donations are optional.

## FRIENDS OF ST MICHAEL'S

### A SMALL CHURCH WITH A GLOBAL REACH

St. Michael's church is situated in a quiet corner of the old parish of St. Michael's, Longstanton. The relevance of this small thatched building at the end of the village is often underestimated by local residents. Despite this, the visitor's book indicates a different story.

Linked to St. James the Less in Philadelphia, not by happenstance but literally by design, this church has a place in the consciousness of a parish and school in the United States. It is this link which gives us a feeling of great pride.

This year alone, we have welcomed three different sets of visitors – staff and friends associated with St. James the Less School – all on their independent pilgrimages to see their 'mother church'. This term was coined by a previous visitor and it seems so apt. Pictured are Kevin Todd and Sarah Carroll who visited in August, both staff members of St. James the Less. In 2024, we also welcomed visitors from this school who came out of their way to see this unassuming building. There is a much longer list of US visitors from Philadelphia over the previous decade.

As one of the local residents helping to maintain this rare gem, it has been heartwarming to watch the enthusiasm shown for a church so often overlooked by its local community. It really can be a matter of underestimating what is on your doorstep.

The efforts of the **Friends of St Michael's**, and the guardians of the church, the Churches Conservation Trust (CCT), have helped protect this historic building. Sadly, there remains much to be done to help preserve the structure of the church, the churchyard and the very special baptismal well. Our fundraising for protecting St. Michael's continues.

Along with the maintenance needs, the CCT and Friends also provide different events to showcase St. Michael's as a place to be used for the enjoyment of the local community. If you are yet to attend an event do look for our posters around the village; also, visit our Facebook page [Longstanton St. Michael's Friends Group](#). Even better, consider joining us in our efforts to keep the history of Longstanton and St. Michael's alive.

For further information about events and membership please email us: [Fosm2017@gmail.com](mailto:Fosm2017@gmail.com)

**Narelle Hassell**  
The Secretary, FoSM



## CAMBRIDGE LEPER CHAPEL

The Chapel of St Mary Magdalene in Cambridge, also known as Stourbridge Chapel or the Leper Chapel, is one of the oldest surviving buildings in Cambridge and the most complete and unchanged. It was built in the mid 1100s to serve the patients at a leper hospital on what was then the outskirts of Cambridge.

Under English law, lepers had to be segregated from society. The strongest restrictions on sufferers came from secular law and religious attitudes varied significantly. The medical profession tended to be relatively tolerant, recognising the unhelpfulness of moralising, and reputable doctors took care to ensure correct diagnosis of people with skin diseases.

The desire to isolate lepers was partly a matter of morality, but also quarantine, and leper hospitals were sited outside cities. However, they were usually near the gates, visible to passers-by. This would increase donations of the money and supplies on which the hospital relied and also act as a reminder of the generosity of the donors who had originally built the hospital.



The chapel is mostly in its original form with a simple nave and chancel, though the roof was replaced in the 1400s. The impressive chancel arch is an unusual and well-preserved example of Norman architecture with tell-tale chevron patterns and scalloped capitals on the supporting columns.

The hospital was dissolved by the 1200s, but the chapel survived as a place of worship into the late 1500s, after which it was used as a storage shed for the nearby Stourbridge Fair, which originally started to fund the hospital, and may also have spent time as a pair of cottages. It is now maintained by Cambridge Past, Present & Future, which runs regular events and open days and is currently raising funds to repair critical damage to this beautiful ancient building.

At the Northstowe Festival of Running, I ran the 5K with a time of 35 minutes to raise money for this cause. If you'd like to sponsor me, you can do so at <https://www.justgiving.com/page/becca-leper-chapel> or you can donate directly at <https://www.cambridgeppf.org/save-the-leper-chapel/>.

Thank you very much for any support!

## SWAVESEY CAMERA CLUB

The club has restarted the new season in September 2025 - May 2026.

We are always keen to encourage new members to join and pride ourselves on being a very friendly, welcoming club with activities to suit all abilities.



We will have guest speakers at some of our meetings covering a variety of subjects eg, wildlife, landscapes, nightscapes, people and fungi photography. We also have internal and external competitions. There will also be members nights covering various topics - so something for everyone !

The full annual subscription this season (September 2024 - May 2025) is:

Adult £68; Concession £55 (Pension age);  
Youth membership £20.

Any 1<sup>st</sup> meeting is free to attend. Then anyone can continue to visit as a guest visitor after that or pay the membership fee. (Guest visitor - £4 per meeting)

### Come along and try us out!

The Club meets in the "Carol Shaw" room at Swavesey Village College every Thursday during College term time 7pm - 9pm. For further info and to see some of our members photos check out our website:

[www.swaveseycameraclub.co.uk](http://www.swaveseycameraclub.co.uk)

If you would like more information about the club or you are thinking about joining us please get in touch.

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

**Maggie O'Moore**

Committee member, Swavesey Camera Club

## Northstowe Community Forum



**Wednesday 3 December**

Drop in: 6pm | Presentations: 6:30pm  
Western Park Pavilion,  
Peppercorn Drive, Northstowe, CB24 1BF



South  
Cambridgeshire  
District Council



**LET'S KEEP  
connected!**

## Northstowe Hub Café



**Join us for a while...**

Northstowe Secondary College Cabin Community Centre

Tuesday: 4pm - 6.30pm

Thursday: 4pm - 6.30pm

Wednesday: 9am - 12.30pm

Wednesday: 3.30pm - 5pm

Sunday: 10am - 12pm

## Baby Hub support group

*A welcoming space for everyone on  
the parenting journey*

**Every Wednesday 10.30am - 12pm at the Cabin**



[northstowehub.org](http://northstowehub.org)

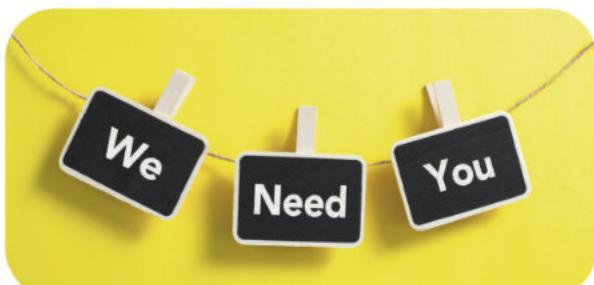


[info@northstowehub.org](mailto:info@northstowehub.org)

Northstowe Hub CIO 1203787, The Cabin, 1 The Green, Pathfinder Way, Northstowe, CB24 1FD



## Volunteers Needed!



We are on the lookout for more volunteers.

Would you be interested in helping with community activities in Northstowe? Get in touch if this could be YOU!



[northstowehub](#)

## NORTHSTOWE GAMERS



*Undergrove* is designed by Elizabeth Hargrave and Mark Wootton, illustrated by Beth Sobel, and published by AEG.

*Undergrove* is fairly easy to learn, and also comes with an innovative tutorial guide which tells players how to make their first few moves of the game, which introduces all the mechanics and goals. The key to success in this game is finding the most efficient loops of mushroom actions which allow you to keep taking sequences of powerful turns, and not having to use the relatively-weak default actions too often. Finding combos feels quite similar to the way action rows build up in *Wingspan* (also designed by Elizabeth Hargrave) but with a greater emphasis on the location of the action tiles. The available mushrooms are different every game so there are widely varying strategies and you have to be adaptable.

One of the most striking things about this game is how pretty the artwork is. You might think that mushrooms would be nothing much to look at, but there's such variety in the different species and they are all very well represented. The deluxe version of the game even comes with an extra art book which gives extra details of every mushroom in the game and how you might identify them in the wild.

Like *Daybreak* (which we reviewed in issue 38), this game contains no plastic components, and all the pieces come in little cardboard boxes rather than bags. It's a nod to the game's ecological theme and shows that the producers are willing to put their money where their mouth is on the issue.

Will you be a fun gi after playing this or Is there too mush room for error? Find out by joining us from 7:30pm on a Tuesday evening to play *Undergrove*, or any of our other games! For details email [northstowe.gamers@thecolliers.uk](mailto:northstowe.gamers@thecolliers.uk) or search FaceBook for "Northstowe Gamers"



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*We used AlphaCEC for a business transfer from Longstanton to London Heathrow for the first time this week. Brilliant service and a really lovely driver. Highly recommend for business and personal use.*

\*\*\*\*\* (5\* Facebook Review) Amy Moran

*I've travelled with three different drivers from Richard's company this year. An extremely safe, comfortable, peaceful, punctual journey every time. I'm delighted to have found such a reliable service and look forward to using them for all my future journeys.*

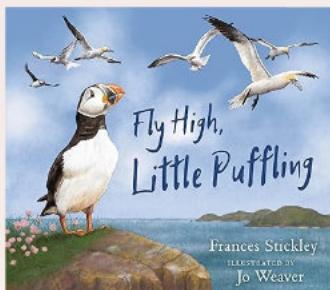
\*\*\*\*\* (5\* Google Review) Jo Eadie



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01954 232300 / 01954 720720

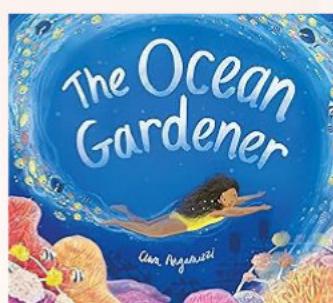


## BOOK REVIEWS



*Fly High, Little Puffling*  
written by Frances Stickley  
Illustrated by Jo Weaver

Two picture books with environmental themes caught my attention this month. In **Fly High, Little Puffling** a puffin chick is nervously contemplating his first migration. As his mother reassures him in this rhyming story, the puffling meets other baby animals facing challenges, a seal, an otter, an orca, a fawn and a hare. They all succeed, and the beautifully illustrated story comes to a climax under the Northern Lights as puffling resolves to take his leap into the unknown to explore our beautiful world.



*The Ocean Gardener*  
written and illustrated by  
Clara Anganuzzi

In **The Ocean Gardener** Ayla's mum is a marine biologist taking care of the coral reef in the Seychelles. Ayla loves to swim with the fish around the reef, but they are disappearing as the reef is bleaching due to global warming. Ayla's mum works on coral restoration and is able to replant coral after growing it in a coral nursery. In a satisfying conclusion Ayla sees the fish return after her mum's dedicated hard work. Inspired by the work of marine biologist, Chloe Pozas, this book provides lots of background information on coral reef restoration and how we can all help protect the coral.

KATHY FOUNTAIN

## BOOK CLUB

We meet in different venues, so send a message to find out where we are next month. We read lots of genres, children's books, contemporary novels, classics and a wide variety of non-fiction. Do feel free to come along regularly, or when a particular book we are reading appeals to you.

Email: [northstowebbookclub@gmail.com](mailto:northstowebbookclub@gmail.com)  
[www.facebook.com/groups/607693023324785](https://www.facebook.com/groups/607693023324785)

### NEXT MEETINGS

13<sup>th</sup> October

**Jurassic Park**  
by Michael Crichton

10<sup>th</sup> November

**The Island of Missing Trees**  
by Elif Shafak

8<sup>th</sup> December

**The Dark is Rising**  
by Susan Cooper

19<sup>th</sup> January

**The Happiest Man on Earth**  
by Eddie Jaku



**The Silver Pigs** by Lindsey Davis is a historical murder mystery and thriller following the adventures of Marcus Didius Falco, an informer in Imperial Rome, as he investigates a scheme to steal silver on its way from a mine in the far-off province of Britain. Falco follows the trail from Rome itself to the mine and back again, in the process becoming entangled with a suspicious senatorial family and their fierce and strong-willed daughter, Helena Justina.

The book is a complex mystery and I can't give many details without spoiling it. Davis captures a sense of Ancient Rome and the Roman Empire and her wide cast of characters show many different facets of the society. This can sometimes be disorienting, but I don't think it's necessary to know much about Roman history. Falco himself can be difficult to like, especially early on, but he has a heart of gold and his strong personality - which comes across in his snarky narrative voice - is very compelling. This is the first book in a series and I think does a good job of introducing the characters and conflicts as well as being a standalone story.

Davis doesn't shy away from the more unpleasant parts of the setting and the book includes explicit violence, off-screen murder, and threats of sexual assault. There is also an extended, unpleasant sequence showing the lives of the slaves in the silver mine. I would recommend it for adults looking for an immersive historical mystery with an irreverent tone.

BECCA EDNEY

**BOOK CLUB**

Meets once a month on Mondays at 7.30pm

Email: [northstowebbookclub@gmail.com](mailto:northstowebbookclub@gmail.com)  
[www.facebook.com/groups/607693023324785](https://www.facebook.com/groups/607693023324785)

**JURASSIC PARK**  
MICHAEL CRICHTON

**ELIF SHAFAK**  
The ISLAND of MISSING TREES

**SUSAN COOPER**  
THE DARK IS RISING

**EDDIE JAKU**  
THE HAPPIEST MAN ON EARTH



## NORTHSTOWE CHURCH NETWORK

praying, exploring, and sharing

Registered Charity Number 1206577



Revd Beth Cope is Northstowe's vicar and part of the ecumenical Northstowe Church Network team. She's often in The Pathfinder School or at community events. She's your first port of call for Northstowe weddings, baptisms, and funerals.



T 01954 261 181 E hello@northstowe.church W www.northstowe.church

**The turning of the seasons perhaps reminds us that the deepest changes in life often happen slowly.**

Autumn invites us to pause: to notice beauty, to let go, and to prepare for what may grow next.

At September's Running Festival, our Deckchair Listening Project explored how being in nature can change us, and asked what might one day flourish in the gardens of the community and faith land by Bug Hunters Water. Children and adults joined in transforming scraps of wood and material into a butterfly meadow — a small act of collaborative creativity that hints at bigger collaborative transformations ahead.

Our collaborations go beyond Northstowe too: this autumn we are reflecting deeply on our long standing support of **International Justice Mission (IJMUK)**, whose long-term work with survivors of slavery and trafficking shows how patient, prayerful commitment can bring lasting freedom.

And as the darker months approach, traditions like **All Hallows, Remembrance, and Advent** remind us that hope is not extinguished by darkness, but we all have a part to play. (Do sign up for Advent Windows!). Across the Network, we continue praying, exploring, and sharing — noticing signs of transformation in every season. So whether you are new to faith or a pilgrim dusty from the journey, you are warmly invited to explore more, at your own pace, with us.



### PATHFINDER CHURCH

praying, exploring, and sharing

Sundays 9.30-11am  
The Pathfinder School

Bringing together those of all ages and stages of life for interactive Sunday worship and through-the-week links with the school



### LITTLE EXPLORERS

time for you, your child, and God

Thursdays 9.15-10.45am  
The Pathfinder School

Breakfast, storytelling, singing, and multisensory worship for babies, pre-schoolers, and their parents or carers



### COMPLINE COMMUNITY

stop, breathe, and pray

Thursdays 8pm  
Local Homes

Contemplative gatherings, alternating between poetic prayer evenings and spacious discussions, with regular communion meals

# Real Lives

There are no ordinary people. You have never talked to a mere mortal. Nations, cultures, arts, civilisations – these are mortal, and their life is to ours as the life of a gnat. But it is immortals whom we joke with, work with, marry, snub and exploit – immortal horrors or everlasting splendours.

'The weight of glory', C.S. Lewis

People are amazing. But there is so much we don't know about the people around us. Which is why we at Emmanuel run occasional Real Lives evenings. An interview with someone, talking about an area of their life. A chance for Q&A to follow up what catches your interest. Sometimes you get a glimpse into an area of life you'd never thought about before. Sometimes you find you're not alone in your interests or struggles. Real Lives is for everyone in Northstowe.

Topics for the next Real Lives are:

**10th October**

Widowed with young children

**14th November**

Parenting a child with autism

Real Lives runs in The Cabin

7:45-9:15pm.

Free.

Everyone welcome.



# Emmanuel

CHURCH  
NORTHSTOWE

Emmanuel Church normally meets every Sunday 10:30am at Northstowe Secondary College.

There are a range of children's groups for 0-11yrs during the sermon, unless it is an all-age service when children stay in throughout. There is usually live music during the service, and free refreshments after the service. If you have any questions about Emmanuel or want to get involved, please visit us any Sunday.

You can find more information on our website: [emmanuelchurchnorthstowe.org](http://emmanuelchurchnorthstowe.org) or email [contact@emmanuelchurchnorthstowe.org](mailto:contact@emmanuelchurchnorthstowe.org)

# BETHEL REVIVAL CHURCH

EMBRACE | SURRENDER | SHINE



Northstowe is more than just a new town, it is a place of promise, new beginnings, and a home where families can grow together. As the community takes shape, there is a deep opportunity to build not only houses and streets, but also a strong foundation of faith, hope, and love. We believe every town needs more than schools, shops, and parks, it needs a place where people can come as they are, find peace, and know they are not alone.

That's why Bethel Revival Church exists- to be a place where people encounter God, find peace in the middle of life's challenges, and experience the transforming love of Jesus. Our doors are open to everyone, whether exploring faith for the first time or looking for a church family to call home. We are here to pray for our town, to walk alongside families, and to share the message of hope that only Christ can bring.

Our heart is to see Northstowe flourish not just as a town, but as a Spirit-filled community marked by healing, joy, and lasting hope for generations to come. Together, with God's love, we believe Northstowe can become a place where lives are changed, families are strengthened, and faith is passed on to the next generation.

**Acts 4:12 Salvation is found in no one else [except Jesus], for there is no other name under heaven given to mankind by which we must be saved.**

**Jesus is Jehovah Jireh (Provider), Rapha (Healer), Nissi (Victory), Shalom (Peace), Raah (Shepherd), Tsidkenu (Righteousness), and Shammah (Ever-Present)**  
— He is all-sufficient for those who believe in Him.

Join us Every Sunday at 10:00 am at The Cabin, Pathfinder Way, Northstowe, Cambridge CB24 1FD.

We also welcome you to our Mid-week house prayer at 7pm on Thursdays and Fasting Prayer on the first Saturday of each month. Contact us to know more.

Contact Details: Email- [bethelrevivalchurchuk@gmail.com](mailto:bethelrevivalchurchuk@gmail.com)      Mob no- 07399467660  
Website- [bethelrevival.com](http://bethelrevival.com)

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 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays  
Morning Praise on 3<sup>rd</sup> Sundays

The primary contact person is:  
Rev'd Jenny Hill  
Interim Leader of the 5folds team ministry  
Serving in Longstanton, Over, Willingham and Swavesey.  
T: (01954) 203459 E: [admin@5folds.org.uk](mailto:admin@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.

## NORTHSTOWE MUSLIMS

### Northstowe Muslims: A Warm Welcome to New Families in Northstowe

Muslims are delighted to welcome new Muslims and Non-Muslim families who have moved into Northstowe recently or over the Summer. We hope you'll quickly feel at home and find comfort in being part of our growing caring community. Whether you're new or already settled, we invite you to join us in friendship, prayer and learning.



### What's Ahead on the Islamic Calendar Insha'Allah (God's Willing)

#### Ramadan & Taraweeh

In 2026, Ramadan is expected to begin on 18 February and end on 19 March Insha'Allah. Throughout the month, Northstowe Muslims will Insha'Allah gather nightly for Taraweeh prayers, a special opportunity to strengthen our faith and community spirit.

#### Taraweeh prayers



#### Community Iftar

During Ramadan, we'll Insha'Allah also be hosting a community Iftar. The date will be confirmed closer to the time, but it will be a wonderful evening where families and neighbours come together to break their fast, share food and enjoy each other's company.

#### Eid Al-Fitr

Eid al-Fitr, which marks the end of Ramadan, is expected on 20 March 2026 Insha'Allah. It's a joyful day of prayer, generosity and celebration with family and friends.

#### Eid Al-Adha

Eid al-Adha, the Festival of Sacrifice, is expected on 27 May 2026 Insha'Allah. It reminds us of Prophet Ibrahim's (PBUH) devotion and gives us the chance to reflect on sacrifice, gratitude and giving.

#### Eid Prayers

Northstowe Muslims will Insha'Allah also organise an Eid Celebration and an Eid Prayers as we did last time. The Eid prayers bring us together in faith and harmony.



#### Learning Together

Northstowe Muslims also runs Islamic classes for children, teaching:

- The noble values of Islam
- How to recite and understand the Qur'an
- The Seerah (life) of the Prophet ﷺ

Our dedicated volunteer teachers will be happy to welcome your child.

These sessions help young Muslims grow in confidence, knowledge and love for their faith.

- To register your child for Islamic classes, please contact us or use the website form.
- To volunteer as a teacher, also please get in touch.



#### Join Us !



Website: [www.northstowemuslims.org](http://www.northstowemuslims.org)

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

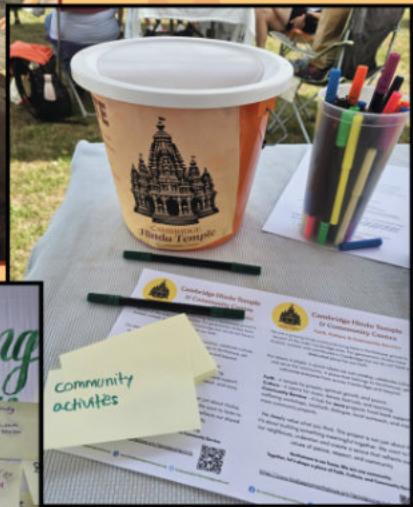
Facebook: <https://www.facebook.com/Northstowe-Muslims-111484854961736>

Instagram: [https://www.instagram.com/northstowe\\_muslims/](https://www.instagram.com/northstowe_muslims/)

This summer has been full of colour, energy, and togetherness for Northstowe! From hosting Tea with Northstowe Neighbours for our elderly residents to running a STEM workshop for young people, taking part in the Northstowe Running Festival, and celebrating Ganesh Utsav, Hindu Samaj Northstowe (HSN) has been busy bringing people together through faith, culture, and seva (community service).



Our summer began with **Tea with Northstowe Neighbours**, a warm gathering for elderly residents, followed by a **STEM workshop** for young people, blending fun, learning, and community spirit across generations.



At the **Northstowe Running Festival**, HSN hosted a lively community stall offering free drinks and snacks for participants and visitors. We ran a series of wellbeing activities, creating a friendly space for people to pause and connect. It was also a chance to gather suggestions and feedback on what residents would like to see in our future **Temple and Community Centre**, helping shape a space that truly serves the whole community.



The **Ganesh Utsav** celebrations for the 4th year, brought colour and devotion to Northstowe, with puja, music, dance, and prasad sharing for everyone to enjoy. The procession (miravnuk) and eco-friendly visarjan were carried out with great care, following all local guidelines, while neighbours and friends joined in the festive spirit. It was a celebration of faith and togetherness at the heart of our town.



## Did You Know?

**Saffron flags** = sacrifice, spirituality & courage.

**Visarjan** = eco-friendly idols, symbol of renewal.

**Procession** = open, joyful community celebration.

**Prasad** = free, blessed food for everyone.

**Temple** = for faith, culture, wellbeing & learning, open to all.



[fb.me/hindusamajnorthstowe](https://fb.me/hindusamajnorthstowe)  
[hindusamajnorthstowe@gmail.com](mailto:hindusamajnorthstowe@gmail.com)  
[hindusamajnorthstowe.org](http://hindusamajnorthstowe.org)

## SANATHANA GANESH COMMITTEE



### CELEBRATING GANESH CHATURTHI TOGETHER

This year, our community came together with great devotion and joy to celebrate Ganesh Chaturthi, honouring Lord Ganesha—the remover of obstacles and harbinger of wisdom and prosperity. The celebration was organised by the Sanatana Ganesh Committee, which was formed with the vision of introducing and passing on Vedic Indian cultural values to the next generations.

### POOJA & VIDHI

The celebrations began with a traditional Ganesh Pooja, performed with full rituals (Vidhi) including Ganapati Atharvashirsha, chanting of mantras, offering of flowers, fruits, and modaks—Lord Ganesha's favourite sweet. The atmosphere was filled with devotion, music, and prayers as families gathered to seek blessings for health, happiness, and prosperity.

### EVENING AARTI AT 6:30

Every evening, devotees joined together for the Ganesh Aarti at 6:30 pm, filling the space with the sound of devotional songs, clapping, and ringing bells. This daily ritual became a spiritual highlight, bringing everyone closer in collective prayer and devotion to Lord Ganesha.

### NIMARJANAM ON DAY 5

On the fifth day, we carried out the Ganesh Visarjan (Nimaranam) with a heartfelt procession. Devotees accompanied Lord Ganesha with music, dancing, and chants of "Ganapati Bappa Morya". With love and gratitude, we bid farewell to Bappa, immersing the idol in water as a symbol of the cycle of creation and dissolution—reminding us of renewal and new beginnings.

### FOOD & FELLOWSHIP

No celebration is complete without delicious food, and this year was no exception! A wide spread of authentic Indian delicacies was served and enjoyed not only by our community members but also by our friends from the wider neighbourhood. Sharing food became a wonderful way to share culture and joy across communities.

### PROCESSION & TOGETHERNESS

The highlight of the event was the vibrant procession, where music, dance, and devotion created an unforgettable energy. It was truly heartwarming to see children, elders, and friends from diverse backgrounds join in the celebration.

🙏 Our heartfelt thanks to everyone who participated, contributed, and made this Ganesh Chaturthi celebration so memorable. The event, organised by the Sanatana Ganesh Committee, was a beautiful blend of spirituality, culture, food, and togetherness—fulfilling the committee's mission of keeping traditions alive and inspiring the next generation to cherish Vedic values.

✨ We warmly invite families to join us in our future cultural and spiritual events, as we continue to celebrate our heritage and create memories together as one community.



## HERITAGE SOCIETY UPDATE: October - November 2025

### VJ Day 80 and RAF Oakington

August 15th 2025, marked the 80th anniversary of VJ Day (Victory over Japan Day) and this event was commemorated across the United Kingdom and the world. Commemorations were not aimed at glorifying the events that took place between 1939 and 1945, but were organised to ensure that we remember the sacrifices made, by so many on all sides, in the hope that we can all learn lessons from the past.

After VE Day (Victory in Europe) on the 8th of May 1945, 7 Squadron remained at RAF Oakington. The Squadron primarily focused on transport operations including troop transport and food drops to the Netherlands. It was planned that 7 Squadron would relocate to the Far East, but the war against Japan ended before they were due to move.

As part of the 80th Anniversary commemorations for both VE and VJ Day, people have been encouraged to contribute family stories online. Here are extracts of one such story contributed by Stuart McLeay. It is interesting to see how plans for life post wartime were beginning to take shape. Hostilities may have ended on VJ Day, but we cannot underestimate the impact the war must have had on people for years to come. RAF Oakington would remain a working airfield for many more years before the site was eventually handed over to the army.

We hope you will enjoy these memories and that it will encourage residents to carry out their own research into the heritage of the Northstowe site. If you do carry out research, or need some help to get started, please do let us know.

#### Edward James McLeay to his mother Elizabeth Mary Alice McLeay

*"I know you think Hilda is a nice girl and I am sure you will agree she is the right girl for me"*

By: Stuart McLeay



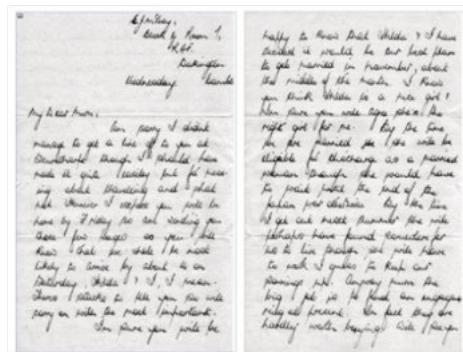
Just before he died in 2004, my father Ted McLeay gave me two small boxes of letters that my grandmother Lizzie had kept. The first contained correspondence relating to her landmark appeal in 1926 for a WWI widow's pension (donated to the Imperial War Museum in 2020), and the second was a bundle of 157 letters from Ted to Lizzie during WWII, including censored aerograms that were written on active service (they were microfilmed and hence readable at that time only with a magnifying glass).

Ted joined the RAF in May 1938, trained as a radio operator at Cardington and Yatesbury in 1939, worked on 'direction finding' (radar)

at Biggin Hill in early 1940, and was posted just before the Battle of Britain to RAF Kirton-in-Lindsey in Lincolnshire where he operated a remote radar homer on farmland near the coast. Ted spent the following year on the Indian Ocean guiding flying boats, another year in Sierra Leone and Ghana (then the Gold Coast) where he worked closely with the resident cipher officer. His last posting was with 7th Squadron, guiding the bombers across the North Sea to and from RAF Oakington in Cambridgeshire.

One of his early letters tells Lizzie about a Heinkel attack. This was amongst the very few worrying accounts that he sent home, as most of the other letters to his mother are more reassuring – that he was in good health, keeping fit and eating well.

The last letters are particularly uplifting. In one of them, Ted talks about his plans to marry. In June 1944, just after he arrived at RAF Oakington from West Africa, he met Hilda Devlin who was originally from Worsley in Manchester. By then, they were both Corporals on the bomber base. It was an interesting time for Hilda in other ways as well – she was Mentioned in Despatches in June 1945 in recognition of her distinguished service at Oakington, something she always played down later.



*"I'm sure you will be happy to know that Hilda and I have decided it would be our best plan to get married in November, about the middle of the month. I know you think Hilda is a nice girl and I am sure you will agree she is the right girl for me. By the time we are married she will be eligible for discharge as a married woman though she would have to wait until the end of the Japan war otherwise. By the time I get out next summer she will perhaps have found somewhere for us to live though she will have to work I guess to keep our savings up."*

In fact, they lived with Lizzie for the first two years after marrying, in her small rented flat by Archway Road!

To access the full version please see the following website:  
<https://ve-vjday80.gov.uk/letter/edward-james-mcleay-to-his-mother-elizabeth-mary-alice-mcleay/>

### Other News

We can confirm that the LDHS Archives have moved to an independent store, prior to a final move hopefully within Northstowe. In the meantime we continue to work with the Northstowe and Longstanton Heritage Steering Group on a heritage display, which is due to be open to the public later this year. We would also like to create an improved online presence for the LDHS digital archives - if you have the time and skills to be able to help us with this please do get in touch.

Hilary Stroud

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



## YOUTH AND SCHOOLS

### 1ST NORTHSOWE RAINBOWS

1st Northstowe Rainbows are delighted to present Emily and Matilda (both 6 years old) with their Gold Award. These are the first Gold Awards to be presented since the unit opened in September 2023. In Girlguiding, the Gold Award is the highest achievement a Rainbow can earn. To achieve this award, Emily and Matilda have completed six different theme awards, by earning a skill builder badge in the meetings and an interest badge at home. They will be moving on to Brownies after Christmas this year. Also celebrating is Sienna (6 years old), who joined us in January 2025. She has completed two theme awards, which earns her a Bronze Award. All of our girls work hard each week to complete their badges, as well as playing games, singing songs, and making crafts. We all have a fantastic time together, and as a leader, it is wonderful to see our young Rainbows grow in confidence and make new friends as they work through the Rainbows programme. Volunteers are always welcome, so if you would like to support our local girls and young women, please register on the following website:

<https://www.girlguiding.org.uk/get-involved/become-a-volunteer/>



## NORTHSTOWE YOUTH HIVE



The Northstowe Youth Hive was established to ensure that the voices of young people in Northstowe are recognized. Our mission is to unite youth from various backgrounds, cultures, and identities, fostering an environment where they can enjoy themselves, grow, and make a positive difference.

This summer, we proudly held our inaugural youth-driven AGM, where young members enthusiastically cheered, posed questions, and voted for the trustees over a fantastic BBQ (thanks to Capital & Centric for the funding!).

We also received exciting news: the video grant application submitted by the youth group was successful! A heartfelt thank you to the Community Reach Fund for supporting our collaborative Street Art Project with Splash and Dash Creations!

We are seeking two more trustees: one to take on our treasurer role. Both can be behind-the-scenes work, in your own time... or could be combined with active youthwork too.

Read more: [www.northstowe.hub/youth](http://www.northstowe.hub/youth)



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## YOUNG PARENTS GROUP

A weekly play session designed for young parents aged 25 and under with children 0-5 years



Contact us to book



New venue!



Starting  
11th August  
2025  
1:00 - 2:30pm

The Cabin  
1 The Green  
Pathfinder Way  
Northstowe  
CB24 1FD



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## ParkPlay



## Join ParkPlay, FREE every Saturday morning!



**Make friends, have fun, get moving!**

ParkPlay is two hours of FREE community play every week, with active and inclusive games for all generations to play together! SATURDAYS from 10:30am, on the MUGA behind the Western Park Sports Pavilion. Feel free to come along to try it out and join in there and then. See you soon!

**Northstowe-Longstanton ParkPlay**



## FRIENDS OF THE ROSIE HOSPITAL

We wish all our customers and supporters an enjoyable autumn with all the lovely rich autumnal colours.

With your help we are raising money to make the Rosie a more comfortable environment for mothers and babies. So far in 2025, with your help, we have raised £500.

We are sharing our extensive catalogue on our RosieinStitches facebook page so you can grab yourself locally sourced, unique, beautifully crafted gifts and warm clothing and accessories for special friends and family. By using our online store you will be avoiding the crowded shops and keeping yourself safe. You can shop for new items at [www.rosieinstitches.org.uk](http://www.rosieinstitches.org.uk) or donated items in our [rosieinstitches2010](#) eBay charity store, and vintage knitting patterns on our facebook page. Please take a look at our extensive selection of jumpers and cardigans ideal to keep babies and children up to 4 years old toasty and warm through the autumn and winter using coupon sleeves50. If you don't find what you are looking for we do accept commissions.

For all your other online shopping, please remember to use easyfundraising every time you shop. Over 8,000 retailers will donate to The Friends of the Rosie Hospital, including all the big names like eBay, John Lewis & Partners, Argos, ASOS, Expedia, M&S, Just Eat, Uswitch and many more! This means you can raise FREE donations for The Friends of the Rosie Hospital no matter what you're buying.

If you haven't signed up to support us yet, it's easy and completely FREE. These donations really help us, so it would be great if you could take a moment to get started!

You can find our easyfundraising page here  
<https://www.easyfundraising.org.uk/causes/forh>



Our next in person stalls are at

**Waterbeach Community Market**  
on Sunday 19th October from 10am-3pm

**Longstanton Community Market**  
on Saturday 25th October from 10am-1pm

New members are always welcome, whether to contribute financially, to join our team of crafters, join our committee, provide transport for our volunteers or display a small selection of our wares. If you would like to donate some of your spare time check out our website's volunteering page for some ideas.

Thank you for your continued support and we wish you all the very best for the autumn.

Stay safe  
**Avril Williams**  
07493692010  
[avril@rosieinstitches.org.uk](mailto:avril@rosieinstitches.org.uk)

and Jo Hall  
01954 780304

**LITTLE EXPLORERS**  
**NORTHSTOWE**  
[www.northstowe.church/little-explorers](http://www.northstowe.church/little-explorers)  
[contact@northstowe.church](mailto:contact@northstowe.church)



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your child,  
and God**



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carers.

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