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Community Association

New Year 2015

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In Your Fen Edge News

New Year 2015

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A NEW-LOOK FECA

Meet the trustees of the charity whose role is to fulfil the objectives of the Fen Edge Community Association – to support groups and societies that improve the social, leisure and recreational facilities for all in the villages of the Fen Edge Patch: Cottenham, Rampton, Willingham, Landbeach and Waterbeach, all of which are in the catchment area of the Cottenham Village College.



Eileen Wilson, chair:

“Welcome to the latest edition of the Fen Edge News. I became Chair of the Fen Edge Community Association (FECA) in July and I am grateful to have this opportunity to contribute to the life of a part of Cambridgeshire that has been such a welcoming place since we moved to Cottenham from London just over 12 years ago. Many of the highlights of the last 12 years have resulted from volunteering on FECA activities, especially the Fen Edge Family Festivals and

who could forget the (very wet) Cottenham Golden Jubilee Street Party in 2012? The Fen Edge definitely knows how to do events and I'm looking forward to the 2015 Fen Edge Family Festival that will take place from 19th to 21st June in Cottenham. Have you put the dates in your diary? [Look for updates on the FECA website and on the Facebook pages for the Fen Edge Community Association and Fen Edge Family Festival.] If you have any ideas for events that you would like FECA to organise or if you want to join in as a volunteer, please get in touch. We look forward to hearing from you.”

The trustees form the bulk of the Finance and General Purposes Committee which meets twice a year to consider applications for grants from FECA members for start-ups or special projects. Grants in the year to March 2014 totalled £6764, an increase of over £500 on 2013. Groups, societies and individuals can apply to be members via the FECA website: www.fenedge.co.uk (membership). Very reasonable annual rates (£2, £15 and £20), plus presence and promotion possibilities on the website and in the Fen Edge News, published three times a year and distributed throughout the five villages. The magazine is produced by volunteers and is funded by advertising (see page 53).

Not pictured: Steve Ellison, headteacher Cottenham Village College; Rebecca Cole, from Cottenham. Caroline Dethridge (see page 19), Fen Edge Family Festival co-chair.



Mick Saul, treasurer, also a Cottenham resident



Mike Smith, manager of Cottenham Community Centre, long-time resident of Cottenham and FECA member



Geoff Redhead, from Cottenham, long-time FECA member



Paul Knighton, from Willingham, long-time FECA member

FEN EDGE EVENTS DIARY

What's on and when

DECEMBER

13th Advent and Christmas choral works by Ely Consort, All Saints Church, Cottenham, tickets on the door £10 (under 16s free), 7.30pm

16th Christmas carols, Cottenham Village Green with Santa and Cottenham Brass band, 6.30pm

17th Busytots' Christmas Party, £1.50 single child families, 50p additional child, Landbeach Village Hall, 10–11.45am

17th Landbeach Society Christmas celebration, festive music and carols by Waterbeach Brass Band. Mulled wine, mince pies, open to all and admission free. Village Hall 7.30pm

18th end of term

22nd Christmas music/singing/mince pies with Kristen Ellery, Cottenham Community Centre, 7pm

26th Traditional Boxing Day walk: 3 to 4 miles, suitable for families, organised by Fen Edge Footpath Group. Meet corner Cottenham High St and Broad Lane at 10am

JANUARY

5th new term starts

6th WEEE collection, Cottenham 10am (see p21)

7th Busytots reopen (find on facebook.com/Landbeachbusytots)

9th Cottenham Village Society talk: Destitution, Disease and Disgrace by Susan Woodall, parish church hall, 7.45pm

11th, 3pm and 7pm Cottenham Community Centre: Community Cinema <https://www.facebook.com/CottenhamCommunityCinema>

15th FEAG talk: What did ancient people think about death? By Rob Wiseman. CVC, 7.30pm

19th Family history and computer use sessions, Cottenham Library, 7–9pm

22nd to 24th Dick Whittington, Waterbeach Community Players, Waterbeach School, Tickets £7.50/£6 from 01223 8800023 or www.ticketsource.co.uk (small booking fee applies), 7.30pm and matinee Saturday 2.30pm

22nd Friends of Worts Meadow, talk by Dick Newell (Action for Swifts) on swift conservation. Landbeach Village Hall, 7.30pm

24th Jumble sale in aid of Landbeach village hall improvement fund. Village Hall 2pm

25th 10am–5pm Cottenham Community Centre, Defibrillator and First Aid training (see p9)

FEBRUARY

4th Cottenham Community Centre Cancer DayTalk – Prostate, bladder and renal cancer. Dr Simon Pacey, 8pm

7th 10am–5pm Cottenham Community Centre, Defibrillator and First Aid training (see p9)

13th Cottenham Village Society talk: Brick in Cambridgeshire by Michael Coles, parish church hall, 7.45pm

16th to 20th Half Term

16th Family history and computer use sessions, Cottenham Library, 7–9pm

MARCH

1st 7pm Community Cinema

10th FEAG talk: Layers of London: new Crossrail discovered. By Jay Carver. CVC 7.30pm

13th Cottenham Village Society talk: Part 2 of Windmills by Mike Mason, parish church hall, 7.45pm

16th Family history and computer use sessions, Cottenham Library, 7–9pm

21st Rampton 77 Jumble sale, Village Hall, 10am–noon

APRIL

16th FEAG talk: Industrial archaeology in Cottenham. By Mike Mason. CVC, 7.30pm

17th Cottenham Village Society talk: The American Cemetery by Arthur Brookes (to be followed by a visit in May), parish church hall, 7.45pm

19th Yesteryear Road Run, details vivien.lampard@ntlworld.com

26th Rampton Fun Run for charity, details Judy Garstang 01954250960

DATES FOR 2015

MAY 22–25 Twinning weekend to Avrillé: check out www.facebook.com/fenedgetwinning

JUNE 19–21 Fen Edge Family Festival (see page 19)

DIGGING INTO THE PAST

The Fen Edge Archeology Group has made its mark in the five villages through conducting its own fieldwork. John Stanford explains why you might like to get involved with making fascinating discoveries in our historically-rich region

FEAG was set up in 2008, a year after doing some test-pitting around Cottenham during the Fen Edge Family Festival. We have taken part in every FEEF since then, exploring pits on the village green in 2009 and 2011, and investigating a local garden adjacent to the green in 2011 and 2013. We'll be somewhere around in June next year!

Members of the group have a shared interest in knowing about past human activity, drawing on the evidence of what was left behind. This might be remains of housing, things people used, boundaries, remnants of crops grown or of animals that were kept for food, or hearths, ovens or kilns, tools to indicate craft or industry or sites of religious or other special activity. It is all rewarding, no matter how small the find.

FEAG is conducting its own fieldwork which includes excavation on a Romano-British site on the fen edge just north of Cottenham. The work has been done over two weeks in July over four years. Discoveries include ditches and pits and finds such as pottery, metal items and animal bones which are analysed at workshops by the members of the group and by experts.

Our members are mostly amateurs and we have good relationships with the University of Cambridge and professional archeological groups in the area. Our Honorary President is Dr Sue Oosthuizen, a landscape archeologist in the University's Institute of Continuing Education.

Membership is open to all, at an annual cost of £10 plus modest fees if participating in visits to museums, excavations and sites of archeological interest. We arrange speakers for six or seven meetings a year, usually at Cottenham Village College and in other villages in the Fen Edge patch. You can see join and see what's coming up on the website www.feag.co.uk



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A Timebank in the Fen Edge Patch?

When I wrote in the last issue about the Fen Edge Volunteer Bank, I had not at that time discovered 'timebanking' which is a mechanism for organising activity for your own and others' benefit.

“Dear Wendy, I'm writing with a suggestion for a new initiative related to integration...and loneliness”

Now both these words are common in the news today, and particularly relate to the writer, from Waterbeach, whose mother in law is Romanian and speaks little English. Is there any social activity that would put her in touch with others who are semi housebound (young mothers, grannies, retired)? he asked. The solution may be Timebanking.

I found out about it from Georgina who started the St Neots Timebank over two years ago and not only collected £50 from her husband (who bet that her project would be defeated by apathy) but has been awarded a Quality Charter Mark in recognition of its resounding success. It has 90 enthusiastic members aged from 18 up who meet once a month for coffee on a Saturday in a local hall.

Timebanking is based on a co-production principle: eg, the market puts a high value on resources that are scarce and a low value on things that are commonly available. Eventually this means that the market doesn't adequately value certain very necessary activities until they become truly scarce – for example: caring, sharing, socialising, raising children, being a good neighbour, helping others.

This second, so-called informal economy in which people solve their own problems, is the basis of timebanking: volunteers offer skills or abilities to others who may not have those skills or abilities. The beauty, and simplicity of it, is that we all have something to offer if we think about it. You may know how to trim a hedge but not how to sew. You may speak a foreign language but need company or help in the home. You may be able to knit but need shopping done or guttering cleared.

In Georgina's experience, everyone gets something out of taking part. Her volunteers are on a database of skills along with the time they have available. Many of the requests for help are one-offs, others are on-going. Housing associations and sheltered schemes have benefited from swaps: sheltered housing benches were painted in exchange for the use of a meeting room, IT help exchanged for gardening, walking a dog for legal advice, writing a letter for some knitting, providing a lift for doing some ironing. Her group has linked with Age UK, to fill gaps which by their nature can't be catered for by the welfare system. More information can be found on their website www.stneotstimebank.org.uk

There are Timebanks in St Ives and Cambourne. Perhaps it is time we had one in the Fen Edge Patch. Please do let me know if you are interested and we can start a dialogue with the parish councils. There's no £50 bet to be won, but I would like to think that sense of good community will win out over apathy. **Wendy Dear**

FEN EDGE PARISH COUNCILS

Cottenham

Meets first Tuesday of the month in the village hall (recreation ground, Lambs Lane) at 7.15pm

Clerk: Jo Brook. Office: 250A High Street (to right of Community Centre). Open Monday 9.45am–12noon or by appointment

Contact details: 07503328401;

email clerk@cottenhampc.org.uk

Website: www.cottenhampc.org.uk

Rampton

Meets first Monday in month (except August) in the village hall, 7.30pm

Clerk: John Garstang. Office (by appointment): 23 Cow Lane

Contact details: 01954250960;

email ramptonparishclerk@gmail.com

Website: www.rampton.org

Willingham

Meets first Wednesday in month at the Octagon, 7.30pm

Clerk: Mrs Mandy Powell. Office: (by appointment 10am–1pm) Ploughman Hall, West Fen Road

Contact details: 01954261027;

email email@willinghampc.org.uk

Website: www.willingham-pc.org.uk

Waterbeach

Meets first Tuesday in month at The Old Pavilion, 7.30pm

Clerk: Liz Jones. Office: 10am–2pm

Tuesday and Thursday (or by appointment), The Old Pavilion, Cambridge Road

Contact details: 01223441338;

email council@waterbeach.org.uk

Website: www.waterbeach.org.uk

Landbeach

Meets first Monday in month (not August), village hall, 7.30pm (on bank holiday months meetings are second Tuesday in the parish church)

Clerk: Maria Sylvester. Office (by appointment 9am–1pm, 2–5.30pm): 30 Lee Close, Cottenham

Contact details: 01954252400;

email mariasylvester@hotmail.co.uk

Website: www.landbeach.org.uk

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HEART HELP IN FEN EDGE VILLAGES

Defibrillators have become the machines of choice for all involved in emergency medicine and now are common in the Fen Edge patch, at the ready to save lives. Used promptly the machine delivers an electric shock and restarts the heart.

One of the newest machines, at Cottenham Community Centre, was installed as a result of the generosity of a village resident who wishes to remain anonymous, and staff, volunteers and trustees of the centre have received training in using it. In an emergency all defibrillators can be operated by an untrained person as the machine talks you through how to use it.

The importance of being trained in first aid, however, has prompted the centre to arrange sessions of Basic First Aid with Defibrillator training in 2015: Sunday 25th January and Saturday 7th February. The three hour training costs £20 and you receive a certificate of attendance. You can also gain a full Emergency First Aid at Work Certificate (EFAW) after six hours' training at a cost of £75. Bookings through smbainbridge@ntlworld.com and training time and date will be confirmed after the fee has been received.

Sudden cardiac arrest (SDA) can strike virtually anyone – man or woman, young or old – anywhere,

anytime. Having an AED (Automated External Defibrillator) to hand is reassuring if it will take time for the emergency services to reach the person. Every minute counts in such a situation and using the AED plus giving cardiopulmonary resuscitation (CPR, which is part of the first aid training) could save a life.

This is the sixth defibrillator in Cottenham: one at each doctors' surgery (in the High Street and Telegraph Street); one at Cottenham Village College and another at the Village Hall on the Recreation Ground, Lambs Lane.

Waterbeach has two defibrillators: one recently placed outside the doctors' surgery in Bannold Road. They are operational 24 hours a day and the code number to access them is held by the Emergency services on 999 to be provided when needed. Willingham is installing one in the sports pavilion. Rampton is getting one, supported by a British Heart Foundation grant. Landbeach has the matter under consideration.



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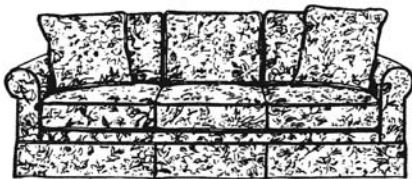


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IN YOUR GARDEN: WEEDS, WORTS AND WILDFLOWERS

Ken Ellis looks at what might be problems and what can prettify even a small space

There are really only two kinds of plants. Ones we like, and ones we don't. Weeds are in the second category and many are native species from which are descended the garden plants we enjoy now – such as polyanthus, related to the auricula brought in by Flemish lace makers and our native primrose.

Some weeds are a menace. Ground elder, Japanese Knotweed and ragwort in just about all of its forms should be dealt with urgently and positively. I've not had to deal with Japanese Knotweed, but on reading about it to prepare for this article I was surprised to find that I'd need to do what I've done with ground elder. Both are invasive, spread by rhizomes underground. The tops of both are killable with a glyphosate weedkiller, but both can grow back from underground. With ground elder, regular inspection and killing over a season will probably do the trick.

Knotweed is a different matter and specialist advice is essential. Basically the treatment is to keep spraying the infestation and destroying the top growth. Never attempt to dig it out; it can grow back from a 1cm cutting. You'll have to keep an eye out for re-growth for at least a couple of years. For advice, go to the Centre for Ecology and Hydrology www.capm.org.uk

Ragwort is native to this country, is a food source for many invertebrates, and a scourge to anyone with grazing animals. If you want to be a good neighbour, put your gloves on and pull it up. It made me smile when I read that a biological way of controlling it was by infesting it with cinnabar moths! For more information contact DEFRA and download their booklet The Code of practice on how to stop the spread of Ragwort.

Wildflowers should be among those plants you like. They look good, are pollen rich and

beneficial to insects. The plants bred from them, however, tend to be difficult for insects to access and are often sterile, leading to visiting bees having a fruitless journey. We need to do what we can to provide a good environment for bees; I was surprised to read that they contribute billions of pounds to the economy by pollinating crops. By doing so, they also keep us from starving.

Most wildflowers have an interesting history, playing a large part in healing us and contributing to our culinary efforts. While their natural home may be flowery meads and meadows, you can grow them in a mixed border – and have flowers from January (by stretching a point) to September. January would really be Ivy. I know it's not a flower, but it does have flowers out in January, and I've seen insects feeding on rare sunny days.

Spring plants for a border would include Grape Hyacinth, White Campion, Valerian and forget me nots. For continuity, plant Greater Knapweed, or its relative, Centaurea. To take you into late summer, add cranesbill, hypericum and meadowsweet. Consider other plants, such as Rosebay Willowherb, Loosestrife, Thrift, Heather and Ragged Robin, though space and management may be issues.

You can see how nature plants by walking along any local footpath: she's very good at it. Other places to gain inspiration would be Blakeney Point in May or June, Beth Chatto's garden for 'dry' ideas, and the Wild Flower Centre at Letheringsett near Holt in Norfolk. For an armchair read, try Gardening with Wild Plants by Julian Slatcher (ISBN 1 86108 165 0), and Creating a Wild Flower Garden by Jonathan Andrews (ISBN 0 86350 115 X) if they're still in print! I'm planning to put a page on our website with planting lists: to delve deeper, look at www.simplygardeningofely.co.uk

PS The Cottenham Gardening Club meets on the last Friday of each month in the Community Room In Franklin Gardens at 7.45pm – or earlier if you want a coffee!



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TALKING ABOUT HEAT LOSS

A recent report in *The Guardian* newspaper described a Dutch scheme that makes homes carbon neutral by adding insulated panels that snap on like Lego. Insulated roofs with solar panels are fastened on top and heat pumps, hot water tanks and ventilation units are installed in garden sheds. If EU funding is given, pilot projects will start on council estates and housing association properties in London, Birmingham and southern England. Houses built in the 60s and 70s will receive the 10-day makeover though renovations can only be done if all tenants in a block agree. Tenants on the estate near Amsterdam who have had their properties upgraded say it is 'like living in a tea cosy' and there is no longer any traffic noise or draughts.

Action on Energy is working with South Cambridgeshire District Council (SCDC) to help improve insulation for homes built with solid walls through which heat escapes. With Government funding, up to £6,000 per property is available to help towards the cost of insulating these walls, either from the inside or the outside. A Green Deal assessment needs to be done and a Green Deal finance plan can

then be put in place, if required, to reduce upfront costs. Payments should be set no higher than a typical household would save on their bills. Check out www.actiononenergy.net

Sustainable Cottenham is a volunteer group working with SCDC's Sustainable Parish Energy Partnership and Action on Energy to identify which homes in Cottenham might be eligible for the grants. If you think your home has solid walls and want to be considered, contact parish councillor Christine Ward (01954 251813 or chris.ward@increment.co.uk) or district councillor Lynda Harford (lyndaharford@icloud.com). For other home owners or tenants in Cottenham, the group also offers a free thermal image survey so you can see how well insulated your home is (or isn't). By using a special camera, areas of poor insulation, draughts etc (where heat is leaking out of a property) are identified. Surveys are best done on cold winter nights and once you see the graphic and colourful illustration of how much energy you are paying for but not using you might want to find out how to improve matters. To arrange a survey contact justin.hiscock@hotmail.co.uk or Chris Ward (see above).

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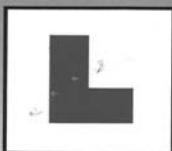
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LET ME TELL YOU ABOUT CVC

Steve Ellison took up the post of Executive Headteacher of Cottenham Academy in January 2012. Here he explains the changes that have happened.

The Academy is the term we use for the two schools on our site. One is a village college whilst the other, the Centre School, has approximately 50 places for young people who have particular emotional and/or social needs. Sue Raven has led the Centre School since it was established in 2008; she has taught at Cottenham for more than 37 years but has never had a day off due to ill health!

The schools are federated, which means they have one governing body, and became an academy a term before I took up post. I spend far more of my time leading the village college than I do the Centre School, mainly because my expertise is not in the field of special schools and, more importantly, because Sue is an incredible leader.

Becoming an academy has had a significant impact in terms of the bureaucratic demands on us. This is because of the legal and financial responsibilities academies now face. In the past the local authority looked after issues such as insurance but this now falls to us. I do not believe our students experience a significantly different education because of academy status.

Driving up standards is essential in all key aspects of our work. I am thrilled by the improvement to the standards of teaching, learning and behaviour I have seen. This year's results showed a significant

improvement on those from the previous year despite the "volatility" that affected the exam results nationally. I am confident that we will see a further increase in 2015.

In terms of our community, I certainly want CVC to be a focal point for a great deal of activity. Henry Morris' concept of the village college* was visionary and is relevant today. I am delighted to be involved with FECA, the Fen Edge Family Festival and the myriad adult learning activities which take place at the college. It is a very exciting and rewarding aspect of my role and one I am determined to preserve. We remain steadfast in our commitment to achieving the very best for each and every one of our students whilst staying true to the vision of Henry Morris.

**You can read about Henry Morris in a biography by David Rooney. It costs £10 from Heffers and Waterstones, or from the colleges, or by post (plus £2 p&p) from Community (Henry Morris biography). Comberton Village College, West Road, Comberton CB23 7DU. All proceeds to the Henry Morris Memorial Trust to provide grants for Cambridgeshire young people*

ON THIS ISSUE'S COVER

Junior Prime Brass on stage at London's Royal Albert Hall in October as part of the Music for Youth Primary Proms. Three Cottenham residents were involved: Christopher Lawrence (conductor), Millie Lihoreau (horn) and Noah Lawrence (1st trumpet). Junior Prime Brass rehearses regularly at Cottenham Village College and next term will be involving more Cottenham musicians in their main concert on 4th April at Wolfson College in Cambridge.

Photo supplied by Christopher Lawrence

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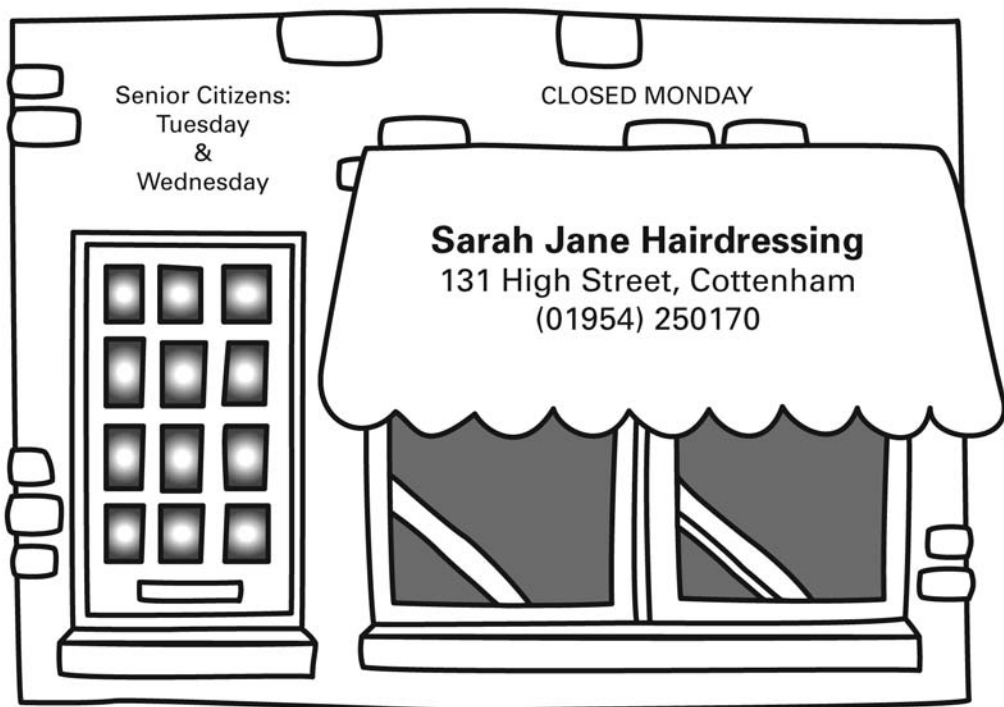
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COMMUNITY NEWS

Car Parking in Cambridge for Rotary Good Causes



Unless you have paid in advance online (www.cambridgeparkandride.com) you will have to queue at the Park and Ride sites if you go by bus into Cambridge. However, Fen Edge residents wishing to drive to do their Christmas shopping might like to take up the offer of Cambridge South Rotary which aims to raise money for Rotary Good Causes. Last year the scheme raised £32,000.

Club members and lots of friends will take charge of three car parks on weekends until 3-4 January 2015 and the holiday dates of 29-30 Dec and 2 January. The "charge" is £6 for as long as needed within car park opening hours.

The car parks are at Park Terrace, Lensfield Road and the Downing site on Tennis Court Road (the pedestrian exit from this is onto Downing Street nearly opposite John Lewis). This last one is open until 7pm so is also good for the Panto matinee. Just look out for the Rotary car park signs bearing the "Rotary Wheel". More information, including a map, is available at <http://www.cambridge-southrotary.org.uk>

I wish you all a happy, relaxed and an especially Peaceful Christmas. **Mike Smith**

Walk local, walk health

Funded by a grant from the Department of Health, a new project aims to promote walking as a social activity in Cambridgeshire to increase fitness and well-being. Check out your local GP surgery to see what has been arranged to encourage more of this essential aid to physical and mental health. Once you get into the swing of walking regular distances you could join the Fen Edge Footpath Group (see contact p57) which arranges monthly walks (6 to 8 miles) and several weekends away each year.

Home builds in view

South Cambridgeshire is one of 11 local authorities selected for the government's 'right to build' programme. The council has received £50,000 with which to buy land for self-build homes, says Cllr Tim Wotherspoon, who represents Cottenham, and is the council's member for strategic planning. The aim is to create an online register to match those interested in self-build with ready sites. For more information see www.nacsba.org.uk

Eye tests come to you

Anyone who is housebound and needs a sight test can take advantage of a new service. Specsavers Healthcall has a portable eye-testing kit and a range of frames to choose from. To book, or for more information, call 0800 198 1135.

Home safety

Have you heard the term "popping"? Most people who have UPVC front or back doors will consider them fairly substantial and robust, and they are! The problem is if you don't physically lock them (either with a key, or by lifting the handle to deploy the multi-lock system, depending upon which type of door you have), they are easily forced open by inserting a sharp instrument between the door frame and the key hole. The door literally just "pops" open. The message is simple: always properly lock the door when you go to bed or when you are out.

Safe and well service

A new service run by a company called NRS Healthcare with support from the Cambridgeshire County Council can provide advice and information to people needing help to get out and about, who may find it difficult to bath or shower, have an illness or disability that makes everyday tasks challenging. Safe and Well will tell you what daily living aids are available and how they can help at home. You can arrange a home visit or ask about local demonstrations and advice clinics by phoning 01480 415719. The email address is enquiries@safeandwell.co.uk or visit the website: www.safeandwell.co.uk/cambridgeshire

Open fire sense

There was a rise in chimney fires this year says Cambridgeshire Fire and rescue Service, so here are some tips about enjoying an open fire.

- Don't bank fires too high or overload the grate.
- Let fires burn down and check the hearth before going to bed.
- Always use a fireguard to prevent sparks flying out.
- Burn only suitable fuels and make sure you have the chimney swept once a year.

Make sure you have a working smoke alarm fitted on each floor of your home. To find if you are eligible for a free home fire safety check call 0800 917 99 94

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FEN EDGE FAMILY FESTIVAL 2015

To all groups in the Fen Edge patch: make yourselves known! It's your festival, a great community occasion. And it's a chance to boost your profile and your funds.

FEFF is financed by the Fen Edge Community Association (FECA), publishers of the Fen Edge News. It is a non-profit, entirely volunteer-based charity committed to promoting community activities and improving social and leisure facilities in the five villages: Cottenham, Rampton, Willingham, Landbeach and Waterbeach.

The festival is held every two years on Cottenham Green and involves the Village College and the Community Centre. In 2013 FECA paid out over £17,000 for the event, but the weather was good, costs were recouped and profits were made to be shared out

among those taking part and for grants to members. It was guesstimated that over 4000 people attended the three-day festival. Now we look forward to the next one.

The enthusiastic new committee is in the process of planning attractions for all ages over the long weekend – 19, 20 and 21 June – including a wide range of refreshments and food, stalls, live music plus demonstrations and performances from an amazing variety of groups from within the Fen Edge. The committee is also recruiting volunteers for stewarding roles, to keep everything moving and everyone safe.

Use these addresses if you want to take part: stalls@fenedgefestival.co.uk; activities@fenedgefestival.co.uk and on Facebook go to Fen Edge Family Festival to keep up to date with news.



Caroline Dethridge,
co-chair FEFF 2015 and
FECA Trustee

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FEN EDGE MISCELLANY

● **If Christmas** has been more expensive than you'd hoped or you are worrying about the size of the January credit card bill and are not entirely sure where that money's going to come from, why not try CAPMoney. It is a nation-wide free course introducing a proven system on managing your money effectively by learning to budget and save and giving you the confidence to be in control. Our next 3-session course starts on Monday 26th January 2015 at Willingham Baptist Church. To register or for more information contact: Debbie Jackman 01954 261195 or capmoneywillingham@btinternet.com

● **All musicians** are welcome to come and join in the jam nights at the Willingham social club on the last Monday of the month at 8pm. Julian Eales (01954 201818)

● **The future** of the Cottenham Post Office remains uncertain after the consultation on new premises was brought to an early end when the proposed new operator decided not to continue with the application. Cottenham Parish Council made the announcement, stating: "We can't speculate what this means long term and we are keeping in touch with all parties concerned." The PO in the High Street continues as usual.

● **If you have** a clean licence, your 4-door car is comprehensively insured and you have a few hours spare most weeks you might like to be part of the community car schemes that provide a valuable service in the Fen Edge Patch as well as the rest of Cambridgeshire. Driver Gerry Brett coordinates Cottenham CareCar and became involved because he likes meeting nice people and getting out and about. Most journeys are for medical appointments, most commonly at Addenbrooke's, for shopping and to enable people without transport to keep in touch with family and friends. Volunteer drivers,

who are DBS checked, receive 15p a mile from the County Council and their passengers pay 30p a mile. Cottenham contact: 01954 251929. Other car groups which would welcome inquiries from volunteers: Rampton (07804971073 or 01954 250311); OWLS – Over, Willingham, Longstanton and Swavesey, 07505254363; Beaches – Waterbeach, Landbeach, Horningsea, Milton and Chittering, 07807875878.

● **WEEE is the** acronym for household waste and electrical and electronic equipment and on 6th January it is being collected in Cottenham by WISER Recycling from St Ives. It adds up to 'anything with a plug on it', says Cottenham parish council which receives some return from the collection to be used on community projects. WISER sells working items back to social groups and low income families through charities and refurbishes or recycles the rest. So empty your drawers and cupboards and put unwanted equipment outside your house by 10am (not the night before!).

● **Ladies why not** come and join the WI? We meet on the second Wednesday of every month at Cottenham Village College. There is a varied programme of speakers to suit everyone: 14th January – Jimmy's Night Shelter, Harold Brown; 11th February – Romania, a gem of Europe, Michael Smyth; 11th March – AGM; 8th April – Dogs for the disabled, Marie Carden and 'Blue'. In addition there are different activities such as a walking group, a poetry group, and an arts and craft group. These meet on different days during the month. Our WI is an excellent way of making new friends and you will be made to feel very welcome. For more information please contact: Margaret on 01954 250841 or Jill on 01954 253385.

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HISTORY TO CHERISH

The Dissenters' Cemetery in Lambs Lane, Cottenham, is currently being managed by a committee of eight, chaired by Ann Scott, who have come together to try to put it into better order. They are conscious of the fact that they are only the latest in a long line of volunteers and are gradually making progress: fencing has been replaced and a lot of work has been done on many old and dangerous trees.

The cemetery is a reminder of the struggle for religious equality that 'Dissenters' – people disagreeing with the teaching of the Church of England – faced in early modern times. It was founded in 1845 when members of the two Baptist (Old Meeting and Ebenezer) and the Wesleyan Methodist chapels bought the land by raising a subscription from amongst themselves and the well to do nonconformist tradesmen of Cambridge. Best known of these was the shopkeeper Robert Sayle, predecessor of John Lewis's. The first burial was a child, aged 3 years and 6 months, Ann Norman.

As nonconformists (including members of the later established Salvation Army) outnumbered Anglicans in 19th-century Cottenham, the cemetery is an important source of family history. There are 3827 burials listed in the register that can be located on a plan of the cemetery. In 1992, the Village Society copied all the monumental inscriptions on the gravestones and a transcription of the register itself is now underway.

The committee maintains trusteeship of the cemetery, but as some of the original clauses in the Trust Deed have since become outdated and impractical, says Ann, they are being reviewed in their entirety. One of her duties is that of Sexton and as such she has to be present at an interment or committal ceremony to check that the name on the coffin or casket is the one expected before certifying this to the Register Office. With modern burials or cremations no one is asked what their religion is, but many burials continue to have non conformist connections.



BALLET POINTES

A look at recent events and what's coming up, by April Martin

Our Ballet Test session in October was very successful with all candidates passing and many of the senior dancers gaining Distinctions. Looking ahead to 2015 our contemporary group who meet on Saturdays are performing in Energise a dance showcase at Swavesey Village College in February and we will soon be starting to work on our annual performance which will be on Saturday 9th May at Swavesey Village College, make a note of the date!

Ballet Lessons at Cottenham Village College Wednesdays from 3.45pm Quality ballet training for your child at reasonable prices. We have spaces in most classes, but especially for older pre-school children (age 4) and reception (age 5) in our 3.45-4.15pm class offering a gentle introduction to ballet in a structured class where children learn the basics for ballet technique that they can build on as they grow.

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following the Russian system of Agrippina Vaganova. April Martin, the teacher was trained in this system used by many of the best ballet schools worldwide. If you are Interested in your child learning ballet but busy on Wednesdays April has classes in Girton, Histon and Over, all easy to get to with free parking. Ask April for more information: 01954 200533 or email tutusrus@ntlworld.com

Other dance related news: Street dance on Fridays at the community room in Histon with Jack Stinton of Jack Stinton Dance Company. Age 5-7 at 3.45pm-4.30pm, age 7-11 at 4.30pm-5.30pm. Pay by the session. If you are interested contact Jack: jackstintondance@gmail.com or April: tutusrus@ntlworld.com Jack has full DBS check.

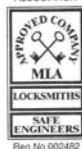
And starting in January: Topsy-turvy Yoga a new class for parents and toddlers - to register your interest topsyturvyogacambd@gmail.com. Tutors have full DBS check.

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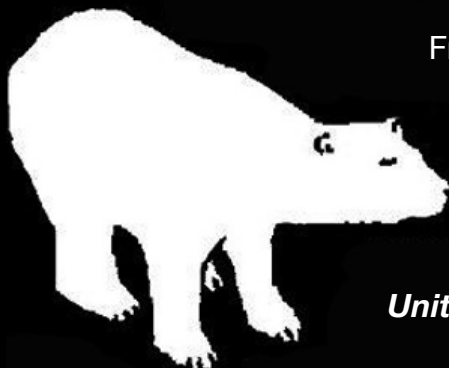


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Arts & Craft

Advanced & Designer Textiles Workshops – Tuesday
Ceramics – Wednesday
Pattern Cutting & Dressmaking – Monday
Dressmaking for Beginners – Monday
Exploring Acrylics – Wednesday
Felting Studio – Wednesday
Floral Art & Design – Wednesday
Free Machine Embroidery – Wednesday
Patchwork and Quilting – Wednesday
Silversmithing – Monday & Tuesday
Upholstery – Thursday & Friday
Watercolour Painting – Monday

Fitness & Health

Fitness for Mature Movers (Waterbeach) – Monday
Fitness for Mature Movers (Cottenham) – Wednesday
Pilates – Monday & Tuesday
Ruth's Latin Dance Fitness – Wednesday
T'ai Chi – Tuesday
Yoga – Monday & Tuesday

Dance & Music

Adult Ballet Beginners – Monday
Adult Tap Dancing Beginners – Monday
Adult Tap Dancing Intermed/Improvers – Wednesday
Adult Ballet – Wednesday and Thursday at Cottenham Community Centre
Ballroom Dancing – Monday

Languages

Improve Your French Year 1 – Wednesday
Improve Your French Year 2 – Wednesday
French Conversation – Thursday
Spanish for Absolute Beginners – Tuesday

Computing & Photography

Microsoft Word – Saturday
Microsoft Excel – Tuesday
Microsoft Powerpoint – Saturday and Tuesday

General

Art History – Monday
Basic Tiling – Monday
Carpentry Design & Make – Wednesday
Psychology for the Curious – Wednesday
RYA Day Skipper – Monday

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DATES FOR SPRING 2015

Monday 12th January.....Classes start

Monday 16th February – Friday 20th FebruaryHalf-Term Break

NOTE: Please check the dates of your class, as some may run outside of the above dates – no classes on Bank Holidays

MONDAY

WEA Willingham – “Life in the Medieval Times”

Starts Monday 12th January at 10am in the Baptist Church Hall, George Street

The course will cover what it was like to live in Medieval times.

Tutor – Karon Stanley Course Fee – £48.00

For further information please ring Rosemary Mumford, Secretary, 01954 260934

Adult Ballet for Beginners 10 weeks

7.30-8.30pm Fee: £50(F)/£40(R) – starts 12th January (held in our Dance Studio)

For those who attended ballet classes as children or complete beginners, this class is designed to teach style, co-ordination, terminology and the steps that are the building blocks for ballet. Each session will consist of a warm-up, technique exercises and combinations. A great dance class for having fun while developing tone and strength throughout the body.

Adult Tap Dancing for Beginners – 10 weeks

6.30-7.30pm Fee : £50(F)/£40(R) starts 12th January (held in our Dance Studio)

For complete beginners, this class is designed to teach rhythm, co-ordination, terminology and the steps that are the building blocks for all tap dancing. Each session will consist of a warm-up, technique exercises and combinations before moving on to basic tap choreography. This is a great dance class for having fun while developing tone and strength in the legs and hips.

Art History: The Golden Age of European

Painting – 8 weeks 7.00pm-9.00pm Fee: £72(F)/£54(R) starts 12th January

This course is aimed at anyone who would like to know more about European painting between 1850–1910. It will be a basic introduction to the main art movements during this period including the Pre-Raphaelites, Impressionism and Symbolism. Selected artists and their work will be studied each week so that students can gain an insight into how the periods linked together, and why these particular artists and their works were so important during this era.

Ballroom Dancing Intermediate – 9 weeks

7.15-8.15pm Fee: £45(F)/£34(R) starts 12th January

This course is for those who have already attended a Beginners' class or have at least 20-30 hours of previous lessons and want to improve their skills and increase their knowledge of dance routines.

Ballroom Dancing Advanced – 9 weeks

8.15-9.15pm Fee: £45(F)/£34(R) starts 12th January

This course is for those who have already attended an Intermediate class or have at least 60 hours of previous lessons. Learn more complex steps and routines to further enhance your dance experience.

Basic Silversmithing (Monday or Wednesday evening, to be confirmed) – 9 weeks 7.00-

9.00pm Fee: £81(F)/£61(R) (plus £20 for materials – for copper not silver) starts 12th January

This course is suitable for beginners or people with previous experience with the material. Students will be taught how to solder, pierce, form and finish metal. These skills can then be transferred into making finished items of either jewellery or tableware (napkin rings etc). Students will predominantly be working in copper as it has similar properties to silver, but will move on to using silver towards the end of the course if they wish. Our tutor, Rebecca Hill won Best New Design 2013 at Goldsmiths Fair, London.

Basic Tiling – 5 weeks 7.00-9.00pm

Fee: £55(F)/£42(R) (including materials) starts 12th January

In this course you will learn the basic principles of floor and wall tiling – how to lay tiles, cut and grout tiles and how to tile around a shaped area such as bath, toilet or sink. You will also learn how to use a range of tools specific to wall and floor tiling that will successfully allow you to produce professional quality tiling work.

Pattern Cutting & Dressmaking (Daytime) –

9 weeks 12.30-2.30pm Fee: £81(F)/£61(R) starts 12th January

Learners will be guided through the basic pattern cutting techniques and draft a block using their own measurements. After this they will design and make their own basic garment, learning a variety of dressmaking techniques. Suitable for those interested in dressmaking from complete beginners to the more experienced wanting to brush up their skills.

Dressmaking for Beginners – 5 weeks

7.00-9.00pm Fee: £45(F)/£34(R) starts 23rd February

Would you like to be able to make your own clothes or clothes for your children? Then come and learn how to use your sewing machine, follow a pattern and cut out fabric. Then using modern sewing techniques make clothes that not only fit but you will be proud to say “I made it”. This course is designed for those with no sewing experience or for those who want to return to sewing clothes and make them to fit. Materials extra.

Fitness for Mature Movers (Daytime) –

9 weeks 10.00-11.00am Fee: £36 starts 12th January (Tillage Hall WATERBEACH, parking available).

Join us to gently stretch and tone in a friendly class. All movements to your own ability and will improve your balance and agility. All welcome – you really are never too old to start toning those muscles!

Pilates for Beginners (Daytime) – 9 weeks

1.45pm–2.45pm Fee: £45 – Classes held at RAMPTON VILLAGE HALL starts 12th January

Mat based floor exercise class based on the principles of Joseph Pilates, focusing on core stability and flexibility. This class will be an introduction to the method, incorporating all the principles and is suitable for all levels of fitness.

RYA Day Skipper – 10 weeks + 4 Saturdays –

7.30-9.30pm Fee: £320 starts 5th January

The aim of the course is to equip students with the theoretical knowledge to put into practice on a seaborne course leading to a Day Skipper Certificate. The course covers an introduction to navigation theory, basic meteorology, safety and seamanship. There are two assessment papers: (1) chartwork (2) general – which covers all the other aspects of the syllabus. Suitable for beginners and people with little or no experience in cruising yachts or motor cruisers. Fee includes two charts, practice navigation

tables and the RYA course notebook. (Saturday sessions are 10th & 24th Jan, 7th Feb, 14th Mar)

**Watercolour Painting (Daytime) – 9 weeks
10.00am -12noon Fee: £81(F)/£61(R) starts
12th January**

This course is both for beginners and for those with more experience. Watercolour is the most popular medium, and for very good reason. There is little to compare with the beauty of transparent colour washes, watercolours are handled in a way that is impossible with other mediums. There will be a definite bias towards traditional landscape painting. You will be encouraged to create paintings from your own observations applying the 'rules' of design

and composition. There will be plenty of colour mixes, tips and 'tricks of the trade' for you to learn and enjoy. Learners need to supply their own materials – full list provided at first class.

**Yoga For Beginners – 10 weeks 6.30-8.00pm
Fee: £68 (F)/£51(R) starts 12th January**

This is a beginners course which is suitable for all ages and abilities. Learners with some experience who want to 'go back to basics' are also welcome. It is non-competitive and aims to increase your flexibility whilst teaching you how to work with your breath and how to relax. Please note this course is not suitable for ladies in the first three months of pregnancy.

TUESDAY

WEA (Cottenham)

Location: British Legion Hall, High Street, Cottenham

Subject: "Exploring Victorian Crime & Punishment"

Tutor: Elizabeth Carter

Start date: 13th January 2015

Explore the life of the Victorian criminal using documents & novels – the crimes, the courts, the punishments from transportation to penal servitude, together with changing attitude towards crime.

Time: 10.15am for 10 sessions of 1.5 hours Course Fee: £48.00

Class Contact: Liz Milway Tel: 01954 250039

**Advanced Textiles Workshop (Daytime) –
5 weeks (term 2 of a 3 term course) – starts
20th January**

**Tuesdays fortnightly 10.00am -3.30pm
Termly Fee: £120(F)/£90(R) Materials costs
are extra**

A lively and structured workshop for those who wish to further their skills and experience in the field of creative embroidery. Students should have at least completed C&G 7822/7922 Embroidery or similar and have a firm commitment to the year's course and an ability to work on own initiative. Design will be the catalyst of all learning with embroidery /machine embroidery and mixed media techniques being covered, pushing the boundaries in all areas. All applicants will have to go through

a selection process – please ring the tutor Pauline Verrinder on 01954 260358 before applying.

**Designer Textiles Workshop (Daytime) –
5 weeks (term 2 of a 3 term course) – starts
13th January**

**Tuesdays fortnightly 10.00am -3.30pm Termly
Fee: £120(F)/£90(R) Materials costs are extra**

This workshop is aimed at embroiderers with a high level of experience in the field of creative embroidery. Students are encouraged to extend and develop existing skills and experience through individual experimentation and discovery led by design. It is expected that students have completed C&G 7922/7923 Embroidery or have attained similar skills and qualifications through other

avenues of study. All applicants will have to go through a selection process – please ring the tutor Pauline Verrinder on 01954 260358 before applying.

**Intermediate Silversmithing – 9 weeks
7.00-9.00pm £81(F)/£61(R) (plus £20 for materials – copper not silver) starts 13th January**

This is a course aimed at learners with some previous knowledge of Silversmithing who are looking to explore more advanced techniques. The techniques covered in this course will be blocking and raising (used to make vessels), forging (used to make cutlery, bangles and curtain ends etc.) and fold forming (widely used in jewellery). We will predominantly work in copper as it has similar properties to silver at a fraction of the cost. Learners will be encouraged to purchase some tools relevant to their chosen specialism but suppliers and tools will be discussed as the course progresses. Sketch book and note books will be needed for designing and taking note on technical demonstrations. Our tutor, Rebecca Hill won Best New Design 2013 at Goldsmiths Fair, London

**Microsoft Excel - an introduction – 4 weeks
7.00-9.00pm Fee £36(F)/£27(R) starts 20th January**

This course is designed for learners who have a little basic knowledge of Spreadsheets and want to enhance their skills and build confidence in using Excel. Learners will be provided with extension tasks so that they can gain more practical experience and become proficient in Excel

Microsoft Powerpoint – an introduction – 3 weeks 7.00-9.00pm Fee £27(F)/£20(R) starts 3rd March

PowerPoint is a system in the Microsoft Office Suite that enables you to present information in office meetings, lectures and seminars to create maximum impact in a minimal amount of time.

**Pilates for Beginners – 9 weeks 6.30-7.30pm
Fee: £45(F)/£34(R) starts 13th January**
Mat-based floor exercise class based on the

principles of Joseph Pilates, focusing on core stability and flexibility. This class will be an introduction to the method, incorporating all the principles and is suitable for all levels of fitness.

**Pilates for Improvers – 9 weeks 7.30-8.30pm
Fee: £45(F)/£34(R) starts 13th January**

Mat-based floor exercise class based on the principles of Joseph Pilates, targeted at participants who have completed at least 1 – 2 years Pilates classes. This class builds on existing knowledge and ability, introducing the next level of exercises.

**Spanish for Absolute Beginners – 9 weeks
7.00-9.00pm Fee: £76(F)/£57(R) starts 13th January**

The course is an introduction to the language. It is aimed at those with no previous knowledge of Spanish or very little, and is designed to give the absolute beginner confidence to start speaking the language from the very start.

T'ai Chi for Beginners – 10 weeks 7.00-8.00pm Fee: £45(F)/£34(R) starts 13th January

T'ai Chi Chuan is a meditative form of exercise involving flowing sequences of movement. Regular practice can help to develop calmness and relaxation, physical fitness, mental clarity and a sense of well-being.

T'ai Chi for Improvers – 10 weeks 8.00-9.00pm Fee: £45(F)/£34(R) starts 13th January

Suitable for those with at least one year's experience.

**Yoga for Improvers – 10 weeks 7.30-9.00pm
Fee: £68(F)/£51(R) starts 13th January**

This class is suitable for those with at least one year's experience (gained over the last few years). It is non-competitive and aims to increase your flexibility improve your asana practice and develop your understanding of the philosophy of yoga. Please note this course is not suitable for ladies in the first three months of pregnancy.

WEDNESDAY

Adult Ballet (Daytime) – 9 weeks 10.00am–11.00am Fee: £45 – starts 14th January – classes held at Cottenham Community Centre

For those who attended ballet classes as children or complete beginners, this class is designed to teach style, co-ordination, terminology and the steps that are the building blocks for ballet. Each session will consist of a warm-up, technique exercises and combinations. A great dance class for having fun while developing tone and strength throughout the body.

Adult Tap Dancing Improvers – 9 weeks 7.00-8.00pm Fee: £45 – starts 14th January – classes held in the Dance Studio

For those who have previously completed Adult Beginners Tap (Levels 1-3), or who have previous experience of tap to Grade 3, this class is designed to teach rhythm, co-ordination and to refine technique. Each session will consist of a warm-up, technique exercises and combinations before moving on to more advanced tap choreography. Bring a little Fred Astaire to your Wednesday evenings!

Adult Tap Dancing Intermediate – 9 weeks 8.00-9.00pm Fee: £45 – starts 14th January – classes held in the Dance Studio

For those who have previously completed Adult Improvers Tap (Levels 1-3), or who have previous experience of tap to Grade 6, this class is designed to develop higher levels of rhythm, co-ordination and technique. Each session will consist of a warm-up, technique exercises and combinations before moving on to more advanced tap choreography. Bring a little Ginger Rogers to your Wednesday evenings!

Carpentry, Learn Design & Make – 9 weeks 7.00-9.00pm Fee: £81(F)/£61(R) (materials costs are extra) starts 14th January

This will not be a dry and dusty course but will be a light, informative, enjoyable, progression from idea to conclusion. We provide the use of a top quality, extensively equipped carpentry workshop, where you can design and make any woodwork, carpentry,

furniture project of your choice. If you prefer, you can work on learning or developing woodworking skills. We are delighted to help you realise your own idea or we can jointly devise a solution to your requirements. Suitable for the complete beginner or the expert.

Ceramics – 9 weeks 7.00-9.00pm Fee: £99 (includes materials and firing) starts 14th January

You will learn how to pinch, coil, press-mould, slab-build, throw and decorate clay to make beautiful and useful items – tea light holders and tiles, jugs, bowls & garden sculpture. You can work on projects with the tutor or bring your own ideas. We use smooth and coarse stoneware clays and there are four electric wheels in the pottery room. Suitable for beginners and the more experienced.

Exploring Acrylics – 9 weeks 7.00-9.00pm – Fee: £81(F)/£61(R) plus materials – starts 14th January

Do you like painting? Do you want to expand your technical skill and experiment with new methods? Then this course is for you. It is open to absolutely all abilities (including beginners). Each week we will try a different method of acrylic painting and explore expressive techniques and attempt to increase spontaneity of image-making. We will produce a finished piece each week. We will look at 'oil and water,' the use of gels, composition, abstraction, colour theory, but there will be an emphasis on creativity rather than photographic realism, although that will be demonstrated each week so that you can practice in your own time. So whatever your skill level, come along and see what you can make – suitable for beginners or those that attended last term.

Felting Studio – (Daytime) – 5 weeks 9.30am-12.30pm Fee: £75(F)/£56 starts 25th February
Whether you are new to felting or developing your

skills, this is a 5 week guided study to wet felting. We will be revisiting the basics – richly textured panels, nuno felt, lattices and scarves. Great for newcomers but also an opportunity for those with more experience to try out some new ideas and to be inspired by the class.

**Free Machine Embroidery for Beginners
(Daytime) – 5 weeks 9.30am – 12.30pm Fee :
£75/£56 starts 3rd June**

Explore the possibilities of using your sewing machine in a more creative way by learning how to accomplish the skill of free machine embroidery. This five week course will take you from the basics through to more advanced techniques. It is essential that you use your own sewing machine and that it is in good working order. Ring the tutor Pauline Verrinder on 01954 260358 if you have any queries. Material costs are extra.

**Floral Art & Design – an accredited
course – Register your interest**

If you have some experience of flower arranging and would like to progress further to obtain a qualification then we'd like to hear from you. Come and meet the Tutor (Julie Woods) on Saturday 24th January 11.30am-1.30pm Julie will explain what is required to obtain a qualification in Floral Art & Design and answer your questions. Please phone us on 01954 288751 if you are interested.

**Fitness for Mature Movers (Daytime
Cottenham Village College) – 5 weeks 1.30-
2.30pm Fee £20 starts 14th January**

Join us to gently stretch and tone in a friendly class. All movements to your own ability and will improve your balance and agility. All welcome – you really are never too old to start toning those muscles!

**French: Improve Your French Year 2 (Term
2 of a 3 term course) – 9 weeks 7.00-9.00pm
Fee: £81(F)/£61(R) starts 14th January**

This course is aimed at learners with two to three

year's knowledge/experience of French. This is the follow-on course from Improve your French Year 1, but anyone is welcome to join. If you know lots of words but have difficulties putting them together so a native speaker could understand you and you would like to go on improving your speaking, listening and writing skills further, then this course is for you.

**French: Improve Your French Year 1 (Term
2 of a 3 term course) – 10 weeks 7.00-9.00pm
Fee: £90(F)/£68(R) starts 14th January**

This course is aimed at learners with at least one year's knowledge/experience of French. If you know the basics such as buying food, booking a hotel room, travelling by public transport and you would like to go on developing your speaking, listening and writing skills further, then this course is for you. The course will enable you to have a conversation with French speakers, understand French radio and start to read the newspaper or French texts for French people. We will use a wide variety of teaching methods, such as class teaching, group work, pair work, reading aloud, listening to CDs/ DVDs, discussion and presentation.

**Patchwork & Quilting (Daytime) – 5 weeks
10.00am – 2.30pm Fee £90(F)/£68(R) starts
22nd April**

Suitable for beginners or those with a little experience. Learn all the key skills of cutting, piecing, quilt assembly, quilting and binding to make a 6 block lap sampler quilt measuring 36" x 52" Students must bring their own sewing machines, fabric and thread. Full requirements list provided at enrolment.

**Psychology for the Curious – 5 weeks
7.00-9.00pm Fee: £45(F)/£34(R) starts 25th
February**

This course is a short taster aimed at anyone who would like to know more about the more well-known psychologists and their areas of research.

We will cover Freud, Pavlov, Skinner, Jung, Erikson, Piaget and Maslow. This introductory course is intended for those who are curious about psychology but have never studied it.

Ruth's Latin Dance Fitness – 9 weeks 7.30-

8.30pm Fee: £40 starts 14th January

Do you want to get fit, have fun and learn a bit of

sizzle along the way? Come along to Ruth's Latin Dance Fitness class where moves may be crazy and fun but no motion is wasted! Each routine is carefully planned and executed, ensuring that each muscle in your body gets a workout to pulsating music from around the world. Each song is chosen for its exercisability, danceability and cultural roots.

THURSDAY

Adult Ballet (Daytime) – 9 weeks 10.00–11.00am

Fee: £45 – starts 15th January – classes held at Cottenham Community Centre.

For those who attended ballet classes as children or complete beginners, this class is designed to teach style, co-ordination, terminology and the steps that are the building blocks for ballet. Each session will consist of a warm-up, technique exercises and combinations. A great dance class for having fun while developing tone and strength throughout the body.

French Conversation (Improvers) (Daytime)

(Term 2 of a 3 term course) -10 weeks

9.30-11.30am Fee: £90(F)/£68(R) starts 15th January

If you are looking for an informal daytime class to improve your French then this class is for you.

Come along and join an enthusiastic group and have fun conversing in French. Students should already have a good basic knowledge of French with at least one year's experience.

Upholstery (Daytime) – 10 weeks 10.00am-

3.30pm Fee: £230(F)/£172(R) (Furniture and materials are purchased by the learner) starts 15th January

This course requires no prior experience, just enthusiasm and a love of the craft. Whether you are new to upholstery and want to refurbish a simple dining chair, or more adventurously, an armchair, this course is for you. All the correct techniques of upholstery are covered, often on a one-to-one basis for traditional and modern furniture. Students need to bring their own piece of furniture to work on.

FRIDAY

Upholstery (Daytime) – 10 weeks

10.00am -3.30pm Fee: £230(F)/£172(R)

(Furniture and materials are purchased by learner) starts 16th January

This course requires no prior experience, just enthusiasm and a love of the craft. Whether you are

new to upholstery and want to refurbish a simple dining chair, or more adventurously, an armchair, this course is for you. All the correct techniques of upholstery are covered, often on a one-to-one basis for traditional and modern furniture. Students need to bring their own piece of furniture to work on.

Summer School 2015 brochure will be available from early February on our website, or please contact us if you would like to receive a copy 01954 288751 Email: community@cvcweb.net

SATURDAY DAY SCHOOLS COTTENHAM VILLAGE COLLEGE

Time: 10am – 4pm (unless otherwise stated)

Cost: £30(f)/£23(r)* unless otherwise stated

(*applicable to those in receipt of means tested benefit, see page 38)

(Please note all students will need to bring a packed lunch for whole day courses.

Materials are extra where stated)

STITCHED TEXTILES MASTERCLASS WITH PAULINE VERRINDER

4 SATURDAYS – 10am-4pm

Term 2: 17th January & 14th March 2015

Fee: £60/£46

Term 3: 30th May & 27th June 2015

Fee: £60/£46

The Stitched Textiles Masterclass is aimed at all those experienced Textile Artists who have a serious commitment to the extension and development of their acquired skills. ENROLMENT WILL BE BY SELECTION ONLY. Students of the Masterclass are encouraged to develop existing textile skills through individual experimentation and discovery led by design. It is expected that students will have completed C&G Embroidery Diploma or have attained similar skills and qualifications through other avenues of study. Please speak to the Tutor – Pauline Verrinder on 01954 260358 **BEFORE YOU ENROL**

DRESSMAKING WITH SALLY TILLEY

SATURDAYS – 10am-4pm

Term 2: 24th January, 7th February & 14th March 2015

Fee: £90/£68

Term 3: 16th May & 13th June 2015

Fee: £60/£46

On this course learners will be guided through the purchase of fabrics and patterns. You will learn how to make basic pattern alterations, cut out, assemble and fit garments. As well as this you will be taught basic dressmaking techniques and make samples to practice your skills. There will be plenty of help with lockstitch sewing machines if required. More advanced learners will be encouraged to make more complicated garments. All people interested in dressmaking from complete beginners to the more experienced wanting to brush up their skills are welcome. Materials costs are extra. Sewing machines are available to use, however bring your own if you prefer.

COURSE CURRENTLY FULL – CONTACT US TO BE ADDED TO WAITING LIST

SATURDAY 24TH JANUARY

Dressmaking week 1 – Sally Tilley

Bespoke Lampshades 10am-1pm Fee: £15 – Kelly Caine

Lighting plays a vital part in enhancing the atmosphere of a room and the only way to create a bespoke lampshade is to make your own shade with

your own choice of fabric and style. Virtually any material can be used from chiffon to heavier fabrics. Various trimmings can also be added to create your own bespoke design. In just a couple of hours you will learn the basic skills required to make your own unique lampshade, complete with bindings and trimmings (Kirstie Allsop Style) – materials extra.

Introduction to Word Processing using MS Word – 10am – 12.30pm – FREE TASTER

Whether you're a complete beginner or have a little experience of Microsoft's Word, this workshop will enable you to learn or improve on your skills with this useful tool. The overall objective is for learners to improve their word processing skills. Improved knowledge and skills may increase confidence at home or in the workplace.

Introduction to Powerpoint using MS Powerpoint 1.30-4pm – FREE TASTER

PowerPoint is a system in the Microsoft Office Suite that enables you to present information in office meetings, lectures and seminars to create maximum impact in a minimal amount of time. This Free Taster workshop will introduce you to the system and show you some easy tips to make a presentation of your own.

Introduction to Curtain Making Techniques – Cindy Mason

This one day course is suitable for beginners and those with some sewing knowledge. During this day you will learn how to measure the window, work out pattern repeats and estimate fabric quantities, as well as how to pattern match two widths of fabric at the seam. Materials are extra.

Social Media – Denis Pemberton (10am – 1.30pm) Fee: £17

This course is focused towards learners that have had little or no experience using Facebook or Twitter. Create an account, update your status, add images and more.

Get to Know Your ipad – Denis Pemberton (2pm – 4pm) Fee: £10

Bring your ipad along. This course is focused towards learners that have had little or no experience with using an iPad. Advice on downloading, using and organising Apps.

Felt a Beret – Ricki Outis

A fun day doing wet felting to create a unique beret.

This handmade take on an old classic means that you can personalise both the shape and the surface design to make something elegant and stylish or crazy and eccentric (or a bit of both!). It's a good workshop for both beginners and for those with some felting experience to learn the basics of wet felting and the use of resist shapes.

Mindfulness – Mike Meredith

Mindfulness is a mind-body awareness based approach that helps people change the way they think and feel about their experiences – especially stressful, frustrating or miserable experiences. Whether you want to learn new techniques for coping with stress in the workplace or at home, manage anxiety or depression or improve your concentration, energy levels, career prospects and enjoyment of life – mindfulness brings a fresh approach to stuck situations.

Mexican Cooking – Luis Cossio

Come and have a trip around Mexican cookery – explore the wide range of flavours, colours, textures and variety of dishes which can be prepared with authentic Mexican recipes. Recipes supplied after enrolment and ingredients purchased by learner.

Showstopper Cupcakes – Wendy Leaney (10am-2pm) Fee: £20 plus ingredients

Inspired by top cake bakers, magazines and the Great British Bake-off, have you ever wanted to try your hand at creating amazing cupcakes but not known where to start? This course, suitable for beginners, will show you how to make and bake your cakes – they need to taste good as well! Once made, we will look at different types of icings, techniques and decorations to create your very own Showstoppers. The tutor is a Home Economist, who recently won the Waitrose/Churches Conservation Trust 'Great Church Bake Off', has recreated her winning cake for display at Cake International and has now set up her own cake decorating business.

SATURDAY 7TH FEBRUARY

Dressmaking week 2 – Sally Tilley

Advanced Curtain Making Techniques – Cindy Mason

This one day course is suitable for those with some sewing experience and will give you the confidence to go on and make quality handmade curtains. You will learn how to measure for long and short curtains, calculate fullness, returns and overlaps and will work with a small sample of patterned fabric matched at the seam. You will make a sample curtain that will show you all the techniques required to make a heavy interlined and lined curtain with a handmade Buckram heading. There will be one Goblet and two triple pleats and the hem will be mitred and contain weights. Materials are extra.

Willow Weaving – Woven Garden Trugs – Sue Kirk

This class is suitable for beginners and for students who have made round baskets before and wish to experience square basket bases. The garden trugs look beautiful and are great for gathering flowers, herbs and vegetables. Use a variety of coloured willows. Learn how to weave a square base, add a cross handle and tie rose knots. Materials fee of £10 payable on the day to the tutor

Thai Cooking – Kevin Hodgson

This course is for those from beginner to amateur cook. There will be recipes to choose from such as Thai Red Curry Meat or Vegetarian, Spring Rolls, Thai Fish Cakes, Pork Satay with Peanut Sauce & Penang Beef Curry. You will be shown how to make a few of the dishes on the recipe list which will be supplied upon enrolment, ingredients are not included in the course fee.

Patchwork & Quilting – Applique Hearts – Mary McIntosh

Suitable for beginners or those with some experience. Learn the skills of cutting, piecing,

applique, quilt assembly, quilting and binding to make a small 36" x 36" cot quilt or add borders to make a larger lap sized quilt. Machine stitching -students to provide their own sewing machines, fabric and thread. Full materials list will be sent on enrolment.

CIEH Food Safety Level 2 – 9am–5pm £65 – Mark Ascough

This course will give you the Level 2 qualification and certificate required by most food handling establishments.

First Aid for Childcarers (2 day course) £75 – Day 1 – Colin Fordham

This course is over two Saturdays and covers Emergency First Aid for those caring for babies and young children. Theoretical and practical training will be given in resuscitation, control of bleeding and care for the unconscious. The course is Ofsted approved and a Certificate will be provided upon successful completion of the course (day 2 is 14th March).

Creative Bookmaking – Pauline Verrinder

If you have always wanted to be able to create your own notebook, journal or sketchbook – this is the right workshop for you. Spend the day exploring the skills required to make simple contemporary book structure. The books created will have a professional finish, using unusual materials and displaying a unique twist and originality. This workshop will appeal to anyone interested in craft and in particular textiles. Material costs are extra.

A Taste of Japan - FREE FAMILY LEARNING EVENT – Mayumi Geater

Sip green tea while you try out the nation's clothes and crafts. Can you learn to read Japanese in a morning? Give it a try! Children must be accompanied by an adult. BOOKING ESSENTIAL AS PLACES ARE LIMITED.

SATURDAY 14TH MARCH**Dressmaking (day 3) – Sally Tilley****Sock Monsters FREE FAMILY LEARNING EVENT – Kelly Caine**

Sock Monsters are fantastic odd, cuddly, creative creatures that come in all sorts of shapes and sizes. Each one is absolutely individual. Come along and learn how to make a little critter of your own which you can embellish to make as cute, odd or creepy as you like!! All you will need to bring is a pair of socks, preferably ones where the heel is a different colour. Fluffy bed socks work best but any long socks will do – the funkier the better! Children must be accompanied by an adult. **BOOKING ESSENTIAL AS PLACES ARE LIMITED.**

Introduction to Candle Making – Loraine Hobbs

A basic course which will teach you how to make your own Wax Tarts, Melts, Tea Lights, Votives, and Floating Candles at home, for yourself or as gifts. Learn ways to adapt your candles to give a different appearance and ways to present your candles. Materials fee of £20 payable on the day to the tutor.

First Aid for Child Carers (day 2) – Colin Fordham**Make a Sample Roman Blind in a Day – Cindy Mason**

Learn how to make a sample Roman Blind the professional way with lining, interlining and no stitching showing on the front. During this one day course you will learn how to measure the window, estimate fabric quantities and calculate the folds in your blind by constructing a fully working sample using lining, interlining, rods, rings and aluminium bar. Material costs are extra.

Flower Arranging: 'Spring is Sprung' – Julie Woods

The emphasis of today's workshop is exploring different mechanics and designs while using Spring flowers and foliage to their best advantage. We will also look at some Easter designs. You may wish to forward plan for this day by planting some bulbs and other Spring plants for your use.

Willow Weaving – Sphere Sculpture – Sue Kirk

Make a large willow sphere for your garden (maximum measurement 60cm diameter). Start by making hoops to form a frame then use a random weave to build up the framework and finish by adding a swirling layer of willow which gives movement to your sculpture. Suitable for beginners. Materials fee of £15 extra – payable on the day to the tutor.

Gold & Metal Thread Embroidery – Jean Wright

An introduction for beginners to a modern interpretation of Goldwork. Create an imaginative piece of work using Goldwork techniques and mixed media. You will learn how to do basic techniques and how to incorporate them into an innovative piece of work. A materials fee of £15 will be charged by the tutor on the day to cover Goldwork materials and fabrics in a starter kit.

**T'ai Chi – Moving into Spring – 10am–1pm
£15 – Alison Warlow**

In this session we will practise Chi Kung exercises and T'ai Chi moves with an emphasis on emerging from the depths of winter into the new promise of spring. More precise details will emerge later!

SATURDAY 16TH MAY

Dressmaking (day 1) – Sally Tilley

Willow Weaving – Plant Climbers & Structures – Sue Kirk

Cooking for Men – Kevin Hodgson

Screen Printing – Ricki Outis

Mixed Media & Stitch – Pauline Verrinder

Emergency First Aid at Work £60 – Colin Fordham
Stitch & Sew Workshop £25 – Pamela Tasker

SATURDAY 13TH JUNE

Dressmaking (day 2) – Sally Tilley

Willow Weaving – Round Baskets – Sue Kirk

Flower Arranging – Julie Woods

Mosaic Workshop – Terry Baker

Patchwork – Mary McIntosh

Getting the Most from your Embellisher – Pauline Verrinder

Feltmaking – Lisa Fretwell

Stitch & Sew Workshop £25 – Pamela Tasker

ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE

**Ballet – April Martin (Associate ARBTA & Member BDQT), any enquiries telephone 01954 200533
E-mail a.r.martin@ntlworld.com or tutusrus@ntlworld.com**

Ballet – Cottenham Village College – Wednesdays – 11 week term – Starts Wednesday 7th January 2015

| | | Time | 1 Term | 2 Terms |
|-------|-----------------------|-------------|---------------|----------------|
| Cj51 | Reception | 3.45-4.15pm | £42.00 | £75.00 |
| Cj52 | School Year 1 – 2 | 4.15-4.45pm | £42.00 | £75.00 |
| Cj53a | School Years 2 – 4 | 4.45-5.15pm | £42.00 | £75.00 |
| Cj53b | School Years 4 – 6 | 5.15-5.50pm | £44.00 | £78.00 |
| Cj54 | School Year 6 upwards | 5.50-7.00pm | £60.00 | £108.00 |

Children will need to be confident enough to stay without their parent/carer.

Please note fees are not refundable for absence from a class that is continuing to meet.

FAMILY LEARNING ACTIVITIES – ALL FREE !



A Taste of Japan! **7th February 10am-12.30pm**

Children must be accompanied by an adult

Sip green tea while you try out the nation's clothes and crafts.

Can you learn to read Japanese in a morning? Give it a try!

Sock Monsters **14th March 10am-12.30pm**

Children bring an adult and have fun teaching them how to make a 'Sock Monster'. Bring 2 socks – all other materials provided. Sock Monsters are fantastic odd, cuddly, creative creatures that come in all sorts of shapes and sizes. Learn how to make a little critter of your own which you can embellish to make as cute, odd or creepy as you like!!

**Booking essential as places are limited – Contact Adult Learning
Tel: 01954 288751 or Email: community@cvcweb.net**



ARE YOU ELIGIBLE FOR REDUCED FEES?

THE FOLLOWING GROUPS MAY CLAIM THE REDUCED RATE FOR LEISURE COURSES

Working Family Tax Credit

Job Seeker's Allowance

Income Based Benefit

If you receive the 'Guaranteed Credit' element of Pension Credit*

Unwaged Dependent of above

Students Aged 16 – 18

Please note that proof of above will be required otherwise full fee will be due.

***Learners in receipt of Guarantee Credit (on its own or with savings credit) may be eligible for fee reduction and will be asked to produce the award notice.**

ENROLLING IN THE CLASSES

You may enrol in any of the adult or junior classes by using the booking form in this brochure or over the phone with a debit/credit card. If paying by credit card there is a fee of £2.50 per transaction (no charge for debit card payments). Bring or send your booking form to the College, and make cheques payable to 'COTTENHAM VILLAGE COLLEGE' for both adult and junior classes. You can also print off a copy of the booking form from our website <http://community.cvcweb.net>

ADULT LEARNING CLASSES:

In person: the office will be open weekdays 9.00am to 2.30pm and evenings from 6.30pm to 8.30pm Monday – Wednesday. Tel: 01954 288751

By email at: community@cvcweb.net with full details of the course, your name, address and telephone number.

By post: enclose a stamped addressed envelope if you would like your receipt posted back to you.

SPORTS CENTRE CLASSES: visit the Sports Centre Reception Tel: 01954 288760 from 5pm daily and from 9am at weekends.

COURSE FEES: must be paid in full at enrolment.

MATERIAL CHARGES: such as text books, ingredients for cookery classes, fabrics etc. - are NOT included in the cost.

CONCESSIONS: are available, but evidence of

entitlement is required at enrolment or before (see page 38).

CLOSURE OF CLASSES – REFUNDS OF FEES

A full refund will be given when a class is closed due to small numbers. **Please note, fees are not refundable for absence from a class that is continuing to meet.**

INSURANCE AND LOSSES

Cottenham Village College cannot accept responsibility for accidents to members of clubs and classes other than those covered by the College's Public Liability Insurance, nor for loss of personal property left on the premises or in a car, nor for damage to cars and bicycles - parking is at your own risk.

EQUALITIES STATEMENT

Cambridgeshire County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support that you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect.

COMMUNITY FACILITIES AT COTTENHAM VILLAGE COLLEGE

Support for people with special needs

If you would like to attend a class but feel that you may need support to enable your participation, please contact the Adult Learning office on 01954 288751.

Transport Difficulties

If you would like to attend a class but have no transport please contact us on 01954 288751. We may be able to put you in touch with someone who can give you a lift.

Learning Partners

If you are interested in being a learning partner in a class of your choice (you do not pay fees) to enable you to offer help to someone requiring support, please get in touch with us – Tel: 01954 288747.

College Lunches

The lunches at Cottenham Village College are excellent value, why not come and try them on Fridays 1.00pm - please phone us to book on 01954 288944.



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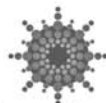
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Cottenham Sports Centre boasts an array of high quality sports facilities; open to the public 5pm – 10pm Mon – Fri, and 9am – 5pm at weekends.

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- Multi use sports hall (3 badminton courts)
- Gymnasium (smaller hall suitable for martial arts, etc)
- Four floodlight tennis / netball courts
- Outdoor cricket nets
- Modern changing rooms, with showers and lockers



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Our fitness suite, offers the very latest cardiovascular equipment; including treadmills, cross trainers, rowing machines, bikes and the revolutionary award winning Adaptive Motion Trainer (AMT) which “moves the way you do” adapting immediately to the natural movement of the body and changes in stride length, pace and direction. Plus a full range of Resistance Weight Machines.

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Personal Fitness Programmes – our personal one-to-one or group induction sessions with our Fitness Instructors, will introduce you to the equipment and design a programme to meet your aims. The fitness suite is available on a monthly payment basis or on a casual pay-as-you-go basis.

SPORTS COURSES

We run a number of term time sports courses for adults and children. These courses must be booked in advance and paid at the first session.

Children and Young People Classes – Termly classes (half-term 16–20 Feb.)

Mondays

Badminton – Dan Valderas 10 Weeks – starting 12th Jan 2015
Badminton juniors 5:30 – 6:30pm £38

Wednesdays

Gymnastics – Paula Cook 10 weeks – starting 14th Jan 2015
Age 5 – 7 years 4:00 – 5:00pm £60
Age 8 – 10 years 5:00 – 6:00pm £60
Age 11 years + 6:00 – 7:00pm £60

Children and Young People – pay as you go classes

Wednesdays (Term Time) Starting 14th Jan

Roller Skating 5:00 – 6:00pm £2.80
(Skate Hire +£1)

Fridays (Term Time) Starting 16th Jan

Roller Skating 5:00 – 6:30pm £2.80
Artistic Skating 6:30 – 7:30pm £3.60
(Skate Hire +£1)

Adult Classes – Termly classes

Mondays

Badminton 10 weeks starting 12th Jan
Beginners 6:30 – 7:30pm £44(F)/£38(R)
Intermediate 7:30 – 8:45pm £55(F)/£47.50(R)
Advanced 8:45 – 10:00pm £55(F)/£47.50(R)

**Adult (F) = Full Rate and
(R) = Reduced Rate.**

Reduced rates are available for the following:

Working Family Tax Credit, Job Seeker's Allowance, Income Based Benefit, State Pension Age, Full Time students aged 16 – 18

Neil Marsh Bootcamp Fitness starting 12th Jan (10 sessions)

Bootcamp Fitness 6:30 – 7:30pm £45

Bootcamp fitness brings you functional based movements in a challenging but fun environment. Designed to work the whole body for maximum results.

GP REFERRAL CLASSES – SOUTH CAMBRIDGESHIRE – ACTIVE & HEALTHY 4 LIFE

Patients are referred by a Health Practitioner to improve their health through an individually tailored fitness programme over a 12 week course. Conditions that benefit from exercise include obesity, arthritis, high blood pressure and cholesterol, diabetes and depression.

HOW DO I JOIN?

If you think this scheme is for you please discuss it with your GP or Health Practitioner and they can complete a referral form for you.

Tuesdays

F4H Class (Y) 3:30 – 4:30pm and 4:30 – 5:30pm
£72 (Twice a week, 24 sessions)

Thursdays

F4H Class (Y) 3:30 – 4:30pm and 4:30 – 5:30pm
£72 (Twice a week, 24 sessions)

Plus assessments which cost £8 each and are undertaken at the beginning and end of the scheme. The Active and Healthy 4 Life scheme prices have been subsidised by South Cambridgeshire District Council and Cambridgeshire NHS.

Cottenham Sports Centre Tel. 01954 288760 or www.cvcweb.net

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LEARNING AND LEISURE

Mind and body are catered for in the wide selection of classes offered to adults in the Fen Edge communities and now there is even more for different age groups through family learning and intergenerational events.

Janet Drinkwater, who oversees each term's range of temptations on behalf of South Cambridgeshire district council, is based at Cottenham Village College. Last year's attendances were excellent, with the Summer School in particular (last week of July) attracting between 140 and 160 learners a day.

In 2015 the aim is to widen the programme to include areas regarded as harder to reach, such as mental and physical health in the elderly, exploring the digital age, essentials for employability. Bringing different age groups together is high on the agenda. The first event, Remember the Fifties, organised in conjunction with the CareNetwork, was backed by a FECA grant so that older people could share their memories with college students at a coffee morning. This was followed by a Christmas event with lunch and lots of singing.

Another collaboration with NRICH Cambridge University provides 'Family Learning' workshops for parents or carers of Year 6, 7 and 8 students to aid the transition from Primary to Secondary level maths. There are also free Saturday workshops focusing on IT, and Family Learning events where families can join in a Japanese taster morning (7th Feb) and learn to make crafts together (14th March).

Daytime classes are popular and are on offer outside the college and in other villages: Pilates (very good for gentle strengthening of muscles and stability) at Rampton Village Hall, Fitness for Mature Movers in Waterbeach and at CVC, and Adult Ballet at the Cottenham Community Centre. The WEA (which some might remember as the Workers' Educational Association which built on the fine Victorian tradition of voluntary education for the working man) provides interesting morning courses in Willingham and Cottenham.

In this issue, in the centre, is the impressive range available in the new term. You have time to consider the options over the festive break and then enrol. If in doubt about a subject or class, why not give the College a call on 01954 288751 or email: community@cvcweb.net

FEN EDGE NOTES

- At the first meeting of the new Finance and General Purposes Committee of FECA, two grants of £500 each were agreed for the Willingham Youth Trust (for equipment for its new youth club) and Willingham Action group (new QE11 playground facility).

- The Yesteryear Road Run in 2014 raised over £9000 for Cancer Research UK. There were 370 vehicles of all sorts in the parade through the villages and on the Cottenham Green. The 2015 Run will be on 19th April. vivien.lampard@ntlworld.com



- The Cottenham Feast Parade in October saw 13 floats and walking groups make their way from Twentypence Road to Cottenham Green in glorious sunshine and cheered on by villagers lining the route. There were 15 stalls on the Green and £1158 was raised for which local non-profit making organisations were invited to apply for a share. Julie Percival (juliepercival88@yahoo.co.uk)

- A new singing club for anyone who is retired or has time available during the day meets on Thursdays during term time between 2 and 3.30pm at the Salvation Army Barn (184 High Street, Cottenham). The leader is the highly experienced local musician Jan Payne. The idea is to enjoy singing all sorts of songs without pressure of performance! Come along and join in. Jane Johannessen, Care Network (01954 211919)

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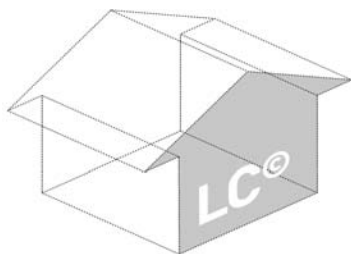


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Cottenham Community Centre Day by Day

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Mucky pups 10-11; hello@muckypupscambridge.co.uk
Zumba gold (for over 50s) 2.30-3pm - needs more people to re-start; Zumbatronic (term time) 3.30-4pm; Zumba 7-8pm. Contact Jo Kinser (jo@jjkdancin.com) re any of the zumba classes. Lindy Hop & Rock n'Roll 8.30-9.30pm vera.i.hazelwood@gmail.com

Tuesday

Yoga 10-11.30am (denise@sibleymooreyoga.co.uk); Pilates for beginners 10.15-11.15am (studio), Pilates intermediate 11.30-12.30 sessions £7, Miranda de Vries (mitimewellbeing@gmail.com) Rugby tots 3.30pm (two to three and a half years); 4-5pm (three to five and a half years) contact andyk@rugbytots.co.uk

Wednesday

Adult ballet (studio) 10-11am, reserve a place (jdrinkwater@cvcweb.net). Little Humbugs (singing and music for babies and toddlers, 10.30-11.30am, £2.50 (littlehumbugs@gmail.com). Whirl & Twirl, 7-10pm, Irene.baldry318@btinternet.com

Thursday

Ready Steady Play (early years) 10-11am (MLam@histon.cambs.sch.uk). Adult ballet (studio) 10-11am, reserve a place (jdrinkwater@cvcweb.net). Teen Pilates (studio) 3.30-4.15pm. BarreTime (studio) if more people 5.15-6.15pm. Pilates for men (studio) 6.30-7.30pm. Mixed Ability Pilates 7.30-8.30pm. All Pilates/Barre Time queries to mitimewellbeing@gmail.com

Friday

Yoga (studio) short terms only 10-11.30am, wiltrud.jackson@yahoo.co.uk; Mixed Ability Pilates 10-11am; FlexAware (studio) 11.35am-12.35pm. Pilates Beginners (studio) 12.35-1.35pm. Pilates Mixed (studio) 4-5pm. Stretchercise (studio) 5-6pm. All Pilates/Barre Time/Stretchercise queries to mitimewellbeing@gmail.com

Saturday and Sunday

For Colour Awareness workshops, Defibrillator and First Aid training, bookings mitimewellbeing@gmail.com; Dads Play 10.30-11.30 (2nd Saturday of month) Arts Night, coffee shop, 7.30-9.30pm (2nd and 4th Sundays). The Roost, coffee shop and main hall 3rd Sunday 3.00-4.30pm. NEW Community Cinema First Sunday of the month 7.30pm. Information from website: www.revcoffee.net or email simon.oliver@cantab.net

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Room Hire: There are three rooms (main hall, studio, coffee shop) available at the Cottenham Community Centre for new activities or parties. See the website www.cottenhamcc.org or email smithmichaelstanley@hotmail.com

ADVERTISING IN THE FEN

Fen Edge News is distributed free to 6,700 homes in the Fen Edge Patch which covers the villages of Cottenham, Rampton, Landbeach, Waterbeach and Willingham. There are three issues a year: New Year, Spring/Summer and Autumn.

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| Fen Edge Ass. Learning Disabled..... | Mrs L Mowlabocus..... | 01954 250024 |
| Fen Edge Orchestra..... | Jeremy Rodgers | 01954 261648 |
| Fen Edge Twinning Association..... | Anna Vining..... | 01954 252432 |
| Fen Edge Footpath Group..... | David Thomas..... | 01954 200074 |

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| Catholic Church..... | Fr. Patrick Cleary | 01223 704640 |
| Community Beat Office, Police..... | | 101 |
| Cottenham All Saints Church..... | Rev Kylie Hodgins..... | 01954 250454 |
| Cottenham Baptist Church | Church Office..... | 01954 252378 |
| Cottenham Bowls Club..... | Glen Clarke..... | 01954 250085 |
| Cottenham Brass Band..... | Diana Braverman..... | 01223 881644 |
| Cottenham Bridge Club..... | Simon Wood..... | 01223 361190 |
| Cottenham Care Cars..... | Gerry Brett..... | 01954 251929 |
| Cottenham Community Centre..... | | 01954 202109 |
| Cottenham Cricket Club | Dave Partridge..... | 01954 203210 |
| Cottenham Cricket Club Junior Teams.. | Jake Raven..... | 01954 250388 |
| Cottenham Day Centre | Mrs M Collins..... | 01954 200873 |
| Cottenham Dissenters Cemetery..... | Ann Scott..... | 01954 251468 |
| Cottenham District Nurse | | 01223 726469 opt 2 |
| Cottenham & District Ploughing Soc | Robert Clarke..... | 01954 250443 |
| Cottenham & District Guides..... | Dani Wykes..... | 01954 250324 |
| Cottenham Gardeners Club..... | Colin Ward..... | 01954 252190 |
| Cottenham United Colts Football | Bob Lee..... | 01954 250648 |
| Cottenham Labour Party | Mr Nick Parker..... | 01954 251553 |
| Cottenham Library | | 0345 045 5225 |
| Cottenham Library Book Club..... | Wendy Law | 01954 202188 |
| Cottenham Netball Club (Cojags)..... | Liz Dall'Aglio..... | 01954 252612 |
| Cottenham Newsletter | Eddie Murphy..... | 01954 251700 |
| Cottenham Parish Council..... | see page 5 | |
| Cottenham Rollerskating Club | Cott Sports Centre | 01954 288760 |
| Cottenham Roller Hockey | Paula Johnson | 01954 252114 |
| Cottenham & Rampton R.B.L | Ann Scott..... | 01954 251468 |
| Cottenham Salvation Army | Tori Richardson..... | 07709 652101 |
| Cottenham Seniors Club..... | Beryl Hayward | 01954 252754 |
| Cottenham Tennis Club..... | Bruce Hutchison & Paul Dixon .. | info@cottenhamtennis.co.uk |
| Cottenham Theatre Workshop | Sue Macdonald..... | 01954 252329 |
| Cottenham Toy Library..... | | info@cottenhamtoylibrary.co.uk |
| Cottenham V.C. Sports Centre..... | Chris Smith..... | 01954 288760 |
| Cottenham Village Society..... | Glynis Pilbeam..... | 01954 251544 |
| Cottenham Village College | Community Office..... | 01954 288751 |
| Cottenham Village Design Group..... | Steven Poole..... | 01954 203961 |
| Cottenham Women's Institute..... | Margaret Jeeps | 01954 250841 |
| Mobile Warden Service..... | | 01954 200080 |
| Second Cottenham Scout Group..... | John Lamoon | 01954 231165 |

Landbeach

| | | |
|---|-------------------------|-------------------------|
| Baptist Minister..... | Martin Enseel..... | 01223 862494 |
| Busytots Baby and Toddler Group..... | Gemma O'Shea..... | busytots1@hotmail.co.uk |
| Friends of Worts Meadow..... | Robert Humphrey..... | 01223 863454 |
| Landbeach Baptist Church..... | Neil Roberts..... | 01223 860410 |
| Landbeach Bell Ringers..... | Barbara Le Gallez..... | 01223 860283 |
| Landbeach Bowls..... | Terry Pauley..... | 01223 860600 |
| Landbeach Events Committee..... | Maggie Robertson..... | 01223 860384 |
| Landbeach Helpline for the Elderly..... | Margaret Patterson..... | 01223 860937 |
| Knit and Natter..... | Marion Lant..... | 01223 860787 |
| Landbeach Painting & Drawing Group..... | Jane Cross..... | 01223 860669 |
| Landbeach Parish Church..... | Rev Paul Butler..... | 01223 860353 |
| Landbeach Parish Clerk..... | Maria Sylvester..... | 01954 252400 |
| Landbeach Society..... | Robert Stripe..... | 01223 862297 |
| Landbeach Sports & Social Club..... | Bill Dixon..... | 01223 861666 |
| Landbeach W.I and Coffee Mornings..... | Jane Ward..... | 01223 440961 |
| Lunch Club..... | Gill Diver..... | 01223 861151 |
| Village Hall Lettings..... | Anne Bullman..... | 01223 860692 |
| Village Hall Committee Secretary..... | Robert Humphrey..... | 01223 863454 |

Rampton

| | | |
|-----------------------------|------------------------|------------------------|
| Church Contact..... | Judith Middleton..... | 01954 251607 |
| Rampton Church..... | Rev Kylie Hodgins..... | 01954 250454 |
| Rampton Newsletter..... | Karen Williams..... | kazza.will@yahoo.co.uk |
| Rampton Parish Council..... | John Garstang..... | 01954 250960 |
| Rampton Village Hall..... | Martyn Blunt..... | 01954 252214 |



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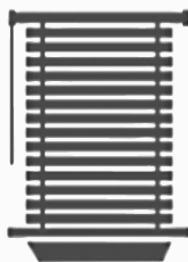
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| 1st Waterbeach Guides..... | Holli Bielby..... | 01223 528383 |
| 1st Waterbeach Rainbows..... | June Stephen..... | 07956 949964 |
| 32nd Cambridge (Waterbeach) | | |
| Scout Group..... | William Moon | 01223 440259 |
| Beach Bowls Club | Tony Reuben..... | 01223 861001 |
| Beaches Community Car Service..... | | 07807 875878 |
| County Councillor..... | Maurice Leeke..... | 01223 441562 |
| Denson Close Social Club | May Beckitt..... | 01223 660475 |
| District Councillor..... | James Hockney | 01223 441289 or 07958 389713 |
| District Councillor..... | Peter Johnson..... | 01223 560918 or 07947 475549 |
| Doctors Surgery – Waterbeach..... | | 01223 860387 |
| Parish Paths Group..... | D. Armstrong | 01223 861586 |
| Royal British Legion – | | |
| Waterbeach & Landbeach..... | Norman Foster | 01223 474622 |
| St Lawrence's Catholic Church..... | | 01223 704640 |
| St. John's Church..... | Rev. Paul Butler | 01223 860353 |
| The Way Project..... | Julie Wentworth..... | 01223 861668 |
| Village Correspondent..... | Maggie Crane | 01223 440560 |
| Wasps (Waterbeach After School | | |
| Play Scheme) | Zoe & Wayne Badcock..... | 01223 861140 |
| Waterbeach & District Gardening Club..... | Jerry Cooper | 01223 574050 |
| Waterbeach Angling Club..... | Colin Brett..... | 01954 200956 |
| Waterbeach Badminton Club | Norman Setchell..... | 01223 862404 |
| Waterbeach Baptist Chapel..... | Martin Ensell..... | 01223 862494 |
| Waterbeach Brass..... | David Pell | 01223 860396 |
| Waterbeach Colts F.C..... | Bernadette Sowden-Fletcher..... | 07752 868255 |
| Waterbeach Community Association..... | Jacqui Rabbett | 01223 860993 |
| Waterbeach Community Players..... | Julie Petrucci..... | 01223 880023 |
| Waterbeach Community Playgroup..... | Jacqui Woods | 01223 440769 |
| Waterbeach Day Centre for the Elderly..... | William Bullivant | 01223 862506 |
| Waterbeach Independent Lending | | |
| Library (WILL) | Maggie Crane | 01223 440560 |
| Waterbeach Parish Council..... | Parish Clerk..... | 01223 441338 |
| Waterbeach School..... | | 01223 718988 |
| Waterbeach Salvation Army | Wendy Brown | 01223 506217 |
| Waterbeach School P.T.A..... | Lianne Parrett | 07502 091812 |
| Waterbeach Toddler Playgroup | Wayne Badcock | 07808 357729 |
| Waterbeach Turbary Charity | Pam Gooding | 01223 861003 |
| Waterbeach United Charities..... | Pam Gooding | 01223 861003 |
| Waterbeach Village Society..... | Ray Rice | 01223 860663 |
| Waterbeach WI | Sheila Lynn | 01223 860948 |
| Waterbeach Wives Group | Sheila Gill..... | 01223 861999 |

Willingham

| | | |
|--|--------------------------------|--|
| Parish Council..... | (See page 5) | 01954 261027 |
| County Councillor..... | Peter Hudson | |
| District Councillor..... | Mr R Manning | 01954 261235 |
| District Councillor..... | Mr B R Burling | 01954 230168 |
| District Councillor..... | Mrs P S Corney | 01954 213221 |
| Police..... | | 101 |
| Surgery..... | | 01954 260230 |
| Dispensary for repeat prescription requests..... | | 01954 260073 |
| Pharmacy..... | | 01954 261787 |
| Over Surgery..... | | 01954 231550 |
| Urgent Care Cambridgeshire..... | | 0330 123 9131 |
| Primary School..... | Mrs V Francis | 01954 283030 |
| Willingham Out Of School Club (3–6 pm only)..... | Mr D Carminati | 01954 283033 |
| Phoenix Prep School..... | Gill Cooke | 01954 263113 |
| School Governors Chairman..... | Jonathan Lewis | 01954 283030 |
| School Association c/o school..... | | 01954 283030 |
| British School Trust..... | Lynda Blunt | 01954 261309 |
| Beavers, Cubs and Scouts..... | Mrs M Dellar | 01954 260045 |
| Ducklings Toddler Group..... | Rachel Robinson | 07963 890971 |
| Honeypot Pre-School (term-time only)..... | Mrs D Van Dort | 01954 201567 |
| Tigger Toddlers..... | Jenny Rayner | 01954 270122 |
| Old Buttery Nursery School..... | | 01954 260046 |
| Holiday Playschemes Phoenix School..... | | 01954 263113 |
| Willingham Guides and Senior Section..... | Lynn McGoff | 01954 261296 |
| Ladybird Borland's School Of Dance..... | Mrs L Borland | 01954 203347 |
| Bubbles/Messy Church..... | Rev L Liversidge | 01954 263187 |
| | Heather Mellows | 01954 270063 |
| Bumps and Babies Group..... | Emma Tregenna | 01954 261775 |
| TOPS (Baptist Church Toddlers Group)..... | Hilary Wyllie | 01954 261051 |
| Little Notes Music group..... | Emma Tregenna | 01954 261775 |
| Kids' Friday Club (Baptist Church)..... | Loriane Bald | 01954 261189 |
| Ploughman Hall Bookings..... | through Parish Council | 01954 261027 |
| Wilford Furlong Centre..... | | 01954 261445 |
| The Octagon..... | Rosemary Mumford | 01954 260934 |
| Baptist Bookings..... | Emma Launchbury | 01954 263108 |
| Salvation Army Hall Bookings..... | Majors Philip and Debbie Nield | 01223 233492 |
| Allotments..... | Pat Dempsey | 01954 261074 |
| Billavincea Lodge 8719..... | Mr M Scrivener | 01480 413533 |
| Cambridge News Correspondent..... | Anne Kirkman | 01954 260393 |
| Willingham Action Group (WAG)..... | Mike Tidball | 01954 260647 |
| Willingham Combined Charities..... | Mrs Gail Cook | 01954 231272 |
| Workers' Educational Association..... | Rosemary Mumford | 01954 260934 |
| Gardening Club..... | Mrs C Bailey | 01954 260794 |
| Social Club..... | Sarah Rutherford | 07989 242155 |
| Willingham Jam Club..... | Julian Eales | 01954 201818 |
| Willingham Photography Club..... | Christopher Cross | 01954 260790 |
| Willingham Walkers..... | Mike Tidball | 01954 260647 |
| Willingham Youth Club..... | Linda Liversidge | 01954 263187 |
| Women's Institute..... | Jacky Sparks | 01954 261831 |
| Women's Royal British Legion..... | Mrs M Few | 01954 260124 |
| Badminton..... | Sarah Custance | 01954 202005 |
| Bowls Club..... | David Hart (Secretary) | 01954 260204 |
| Cricket Club..... | Mr R Ambrose | 01954 260446 |
| Cycling Club..... | | www.willinghamwheels.com |
| Ladies' Hockey..... | Teresa Hutchcraft | 01954 260177 |
| Tennis Club..... | John Graham | 01954 231968 |
| Willingham Diamonds Netball Club..... | Hannah Francis | 01954 260993 |
| Willingham Running Club..... | Gerry Mears | 07511 131645 |
| Willingham Sports Pavilion..... | Trudy Greygoose | 07786 230559 |
| Willingham Wolves (Boys & Girls Football)..... | Claire Few | 01954 203001 |
| Mothers' Union (Branch Leader)..... | Mrs S Hayden | 01954 260363 |
| Baptist Church..... | Prof Andrew Wyllie | 01954 260051 |
| Methodists (Ministerial Contact)..... | Rev Hilary Cheng | 01223 700778 |
| Roman Catholic Priest..... | Fr Edward Tredota | 01480 462192 |
| Salvation Army Captain..... | Majors Philip and Debbie Nield | 01223 233492 |
| Parish Church..... | Rev Linda Liversidge | 01954 263187 |

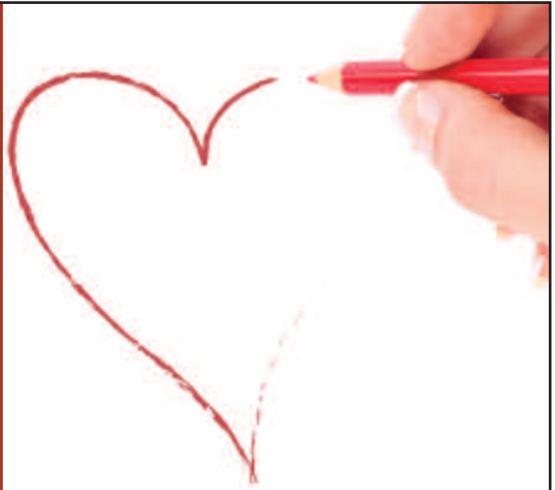


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