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#### In Your Fen Edge News

#### Spring/Summer 2016

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#### FEN EDGE COMMUNITY ASSOCIATION

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#### A SPECIAL INVITATION

his issue takes us to Easter and looking forward to brighter, longer days and warmer weather. At this time last year the finishing touches were being put to FECA's Fen Edge Family Festival (FEFF). The Committee – made up of volunteers dedicated to creating an event that entertained and uplifted the Fen Edge – had been involved in its organisation since 2014!

My message right now is: if there is to be a FEFF 2017, an organising committee needs to be in place very soon to get it underway. This important carnival has two purposes: to provide a wonderful opportunity for Fen Edge groups and charities to raise funds and get themselves known, and enable FECA to raise funds that can be given as grants to local groups. FECA meets regularly to assess requests for support, and one of the initiatives helped was SHINE at CVC – find out more about it on page

13. Raising awareness of the community around them and encouraging the young to be part of it is at the heart of the enterprise.

FECA and the FEFF have the same impetus: they need volunteers and need them now. Do you wonder what this might entail? Let me assure you that any of the current members would be happy to talk to you about what is involved, how useful your skills and talents will be.

A good starting point is the FECA AGM which will take place on 12th May at CVC – please come along. Ask questions, meet people. Be part of something that aims only to improve life in our villages.

#### Eileen Wilson

You can email me at: chairfenedge@gmail. com or write to: Eileen Wilson, Chair, Fen Edge Community Association Office, Cottenham Village College, High St, Cottenham CB24 8UA.

#### **COTTENHAM CARES**

n informal group of residents from
Cottenham and Rampton met last
November because they felt the need to do
something to relieve the suffering of Syrian
people. The meeting agreed to raise money specifically
for the poorest and most vulnerable of those affected
by the ongoing war, those in Syria and in refugee
camps on the Syrian borders. Calling itself Cottenham
Cares, the group pledged to support two charities:
Save The Children and Medecins Sans Frontieres/
Doctors Without Borders both of which are reaching
those who need help most.

To launch the fundraising, 14 people camped out on Cottenham village green on 14th/16th January – one of the coldest weekends of the year. Some stayed one night, others the whole weekend. The interest aroused was amazing; £900 collected in donations at the time and to date about £4,000 has been earned from sponsors' pledges. It was not just the money received that was so gratifying; the campers were deluged with offers of food, drink, and even hot water bottles. Through the generosity and efforts of



our supporters, it looks as though we will raise ten times more than we expected. This is only a small contribution to the vast amount that is needed overall but if we provide some food, some medicine or some shelter for just a few refugees we will have made a difference. Cottenham Cares has planned a range of activities to appeal to all sections of our community. To find out more about what we are doing, check out our Facebook page www.facebook.com/cottenhamcares or email ralphandhilary@croftholme. freeserve.co.uk, suecolquhoun@hotmail.com, or simonoliver@cantab.net

#### **FEN EDGE EVENTS DIARY**

#### What's on and when

#### **APRIL**

**9th** Open day at Landbeach Tithe Barn, 10.30am – 1pm

11th Summer Term begins

**13-16th** "Dry Rot", comedy at CVC, 7.30pm (see p9)

**20th** Landbeach Society talk (see page 25)

21st Lighting of the Queen's 90th birthday beacon on Cottenham village green, 7pm

21st Cottenham Community Centre AGM 7.30pm (see p7)

**24th** Yesteryear Road Run, Cottenham village green, 10am (see p19)

**25-26th** Cottenham Neighbourhood Plan workshop sessions – see CottenhamPC on Facebook for times

**26th** Cottenham Annual Parish Meeting, Village Hall, 7.30pm

#### MAY

**4th** Waterbeach Annual Parish Meeting, 7.30pm **5th** Police and Crime Commissioner elections

5th-8th French visit (see p19)

7th Fun Run, Cottenham (see page 19)

8th Wings for Life World Run (see p11)

8th Community cinema CCC

12th FECA AGM, CVC 7.30 pm (see Chair's message opposite)

12th Skin experts' talk, CCC (see p43)

*16th* Family history session, Cottenham Library, 7-9pm

18th Landbeach Society talk (see p25)

18th Willingham Annual Parish Meeting,

Octagon, 7.30pm

**19th** Willingham Library AGM, 7.45pm (see p61)

21st Guided tour of Wicken Fen, Cottenham Village Society (see p9)

**22nd** Dawn chorus walk, Friends of Worts

Meadow, Landbeach (see p00) **26th** APM Landbeach (see p17)

27th Half term

**27-29th** Football festival, Waterbeach recreation ground

#### JUNE

5th Tea on the Green, Rampton (see p23)

5th Community cinema CCC

6th Summer term continues

11th Waterbeach Feast (see p57)

**20th** Family history session, Cottenham Library, 7-9pm

23rd EU Referendum

24th Cottenham Village Society summer party

#### **JULY**

All weekends: Cambridge Open Studios (www.camopenstudios.co.uk)

2nd Summer Fayre, Rampton (see p23)

**2nd** Cottenham Festival, recreation ground (see p17)

*3rd* Moth identification, Friends of Worts Meadow, Landbeach (see p41)

3rd The Fen Gallop, Willingham (see p61)

3rd Community cinema, CCC

9th Fen Edge Orchestra, All Saints Church, Cottenham

12th QE11 playground Willingham, official opening 11am

*16th* Guided walk along Cottenham's historic high street (see p9)

16-17th Ramparts exhibition (see p23)

17th It's a Knockout, Willingham (see p61)

*18th* Family history session, Cottenham Library, 7-9pm

22nd Summer holidays begin

23rd Party in the park, Landbeach

25th-29th CVC Summer School (see p21)

#### **AUGUST**

1-5th Mad Science for primary school children (bookings atomicannie@madscience.co.uk)7th Dog show, Waterbeach recreation ground

#### **SEPTEMBER**

1st Autumn term begins

**2-5th** Hempsals Community Farm open day, Meadow Road, Willingham

*3rd* Pond dipping, Friends of Worts Meadow, Landbeach (see p41)





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#### **NEIGHBOURHOOD PLANNING**

#### **Update on the NP Survey**

Frank Morris, chair of the Parish Council, explains some of the results and what the next moves will be with the Neighbourhood Plan

Every household in Cottenham received a survey through their door in December and extra copies were available in the churches, pubs, shops and the post office for anyone else wanting to make his or her views known. Nearly 1,000 people returned their survey (about a third online), answering 31 questions, each with lots of variants. Beneficiaries are the local charities which will receive nearly £500 between them. The full report was presented to the council on 1st March and s available on the Parish Council website www.cottenhampc.org.uk

These highlights cannot do justice to all your input. Satisfaction with life in Cottenham is generally high and you want the village to remain a safe and friendly place that respects its heritage. We need to be very careful what we try to change. That doesn't mean we have to live with today's broken pavements, insufficient pedestrian crossings, rush-hour congestion or excessive heavy goods traffic. Nor should we put up with inadequate medical facilities and bus services, or too few affordable homes for our young and older folk.

Traffic was a major issue in the survey, whether congestion in the rush hours, the passage of all-too-frequent HGVs during the day, speeding cars and heavy tractors at night, or unsocial parking.

These are real threats to our quality of life that are likely to get progressively worse unless we do something and, if major developments were allowed without tackling those issues, you fear it will get a lot worse. Can we find ways to add or improve education, housing, leisure, medical and retail facilities while reducing traffic and parking issues? Are there landowners and developers willing to work with us to deliver needed facilities without overwhelming Cottenbam?

Over the next few weeks, volunteers will work with the council and its consultants on the issues raised by the survey after which we will invite Cottenham residents to suggest possible solutions to some challenges. We will post them on the Parish Council website and Facebook page and you can work face-to-face with us on 25th and 26th April (including at the Annual Parish Meeting). Feel free to suggest your own challenges as well. Just remember that they have to be supported by the survey findings. Once these are known and have been addressed, they will form the basis for the draft Neighbourhood Plan.

community responded: they called and called to vote

#### FROM STRENGTH TO STRENGTH

#### Mike Smith looks back on the first five years and the vision that launched the Cottenham Community Centre and coffee shop

One of the recent quotes from Fen Edge residents about Cottenham Community Centre sums it up: "I cannot imagine how we managed before", It was the Methodist Minister Mike Wilson who had the vision that the church opposite the Co-op could be run as a Community Centre, with rooms to hire and with a quality coffee shop – the two interacting and supporting each other.

Five years on we still have the same business plan and a bright-looking, thriving centre with a hearing loop inside and a defibrillator outside! But it wasn't exactly plain sailing. A small grant from the Fen Edge Community Association provided seed corn funding – without it I doubt that CCC could have happened. Then came an opportunity to sell our vision on TV and win £50,000 from People's Millions (Big Lottery money). The whole

for CCC. We did not win. But luck came our way: we were voted best runner-up. In fact votes for us were among the highest across the UK! Now there was no turning back. We formed a charity with a constitution, elected trustees, created time lines for the work, agreed the contract for the work, negotiated a 50-year lease, and appointed a manager. Many grant applications succeeded and we improved the roofs, the outside and the heating etc. By the time of the official opening on 6 April 2011 there was clearly a demand (far greater than our business plan figures) and a significant addition to the community was developing. Our success is of course due to our super staff and wonderful volunteers as well as support from our villagers. To hear our plans for the future, do come to the AGM at 7.30pm on Thursday 21 April. For information about volunteering see p53

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#### **COTTENHAM NEWS**

#### **FUN RUN ON 7th MAY**

The popular Cottenham 7K Fun Run is here again along with the Junior Run (which takes place around CVC playing fields, a distance of about a mile). All junior competitors must be accompanied, and each receives a medal at the finishing line. Registration at Cottenham Village College is from 9 to 10.30am. Once again we are indebted to 'Malary Ltd waste recycling solutions' for their ever generous support and sponsorship. Entry fee for over 16s is £6, and under 16s £3. Age categories comprise: Primary girl and boy, Village College girl and boy, Adult male and female, Veteran (45+) male and female. All proceeds, after costs, will be donated to a charitable cause. The Junior Run sets off at 10. The big run, 7K following a well-marshalled route around the village, commences at 10.45 on the CVC playing fields. Check out all details on Twitter @CottenhamFunRun and Facebook. For those not running but watching and waiting there will be a market on site. To book a stall (remember FECA members do not pay a fee) email Mike Smith smithmichaelstanley@hotmail.com

#### **COTTENHAM WI**

We will be celebrating our 90th birthday in October (born the same year as the Queen!). Plans are in hand to make it a very special occasion. There will be a new programme of speakers starting in June, with subjects of interest to everyone. A warm welcome awaits you at our meetings (2nd Wednesday of the month, in the Tony Cooper Suite, CVC). More information: Margaret on 01954 250841 or Jill on 01954 253385.

#### **MOBILE WARDEN SCHEME**

The Cottenham Mobile Warden Scheme is a small local charity which helps older people in Cottenham to continue to live in their own homes for as long as possible. Every morning, each member receives a short phone call from a warden and a weekly visit. If a member fails to answer the phone after three attempts, the warden calls round in person to see what is wrong. This gives members confidence that someone is keeping an eye out for them. Our members typically live alone and have no family at all or they live a long way away and can't be around to assist with minor crises. They pay a small weekly fee but much of the funding comes from grants, currently from Cottenham Parish Council, South Cambs District Council and Cambridgeshire Community Foundation. If you have a caring nature and would like to assist as a trustee or volunteer, please contact our Chairperson, Mrs Pat Robertson 01954 200080.

#### A GIFT FOR THE DAY CENTRE?

It is now 30 years since the Cottenham Day Centre opened. Right now we could do with a gift to mark this achievement. Our minibus which has a hydraulic lift and is used to transport members to and from the hall, is showing its age. We have saved some money but it is not enough and we hope a local firm will help with sponsorship or a donation towards a replacement. We are run by volunteers who give up their time to provide a freshly cooked meal, and refreshments, for the 40 members each Tuesday in the Village Hall, Lambs Lane. We are there from 9.30am to 2pm and have recreational facilities at hand. Membership is open to Cottenham people of pensionable age who benefit from meeting others and joining in the activities. We are always looking for more help: to set up and put away tables and chairs, cooking or washing up in the kitchen, serving tea/coffee or driving the bus. If you have free time we'd love to hear from you (and please spread the word about our minibus hope!). Contacts: Mrs Moya Collins mairecollins99@ yahoo.co.uk or 01954 200873 and Mrs Pauline Brown pauline606@btinternet.com or 01954 250035.

#### **COTTENHAM THEATRE WORKSHOP**

You're in good time for our latest production from 13th to 16th April. It's a comedy, a full-of-fun farce called "Dry Rot" that you will view – drinks and nibbles available – from 'a country house hotel' setting in the hall at Cottenham Village College. Evenings at 7.30 (doors open at 7), tickets £9/£7 from Frameworks, 171 High Street or you can book your seat at a table online at www. cottenhamtheatre.com (booking fee applies).

#### **PANTO ALERT!** The Wizard of Oz is coming!

Readthrough is on 17th June and auditions a week later. Contact matthewunwin1@hotmail.co.uk or garyjunwinriches@yahoo.co.uk

#### **COTTENHAM VILLAGE SOCIETY**

There are visits and a party organised in the summer, open to members of course but it is easy to join up. A guided tour of Wicken Fen is arranged for 21st May, then on the 16th July there will be a guided walk along the historic high street of Cottenham with explanations of the past of some of the houses. Further information from Glynis on 01954 251544.

#### **GARDEN TALKS**

Cottenham Gardeners' Club has some interesting events coming up. Meetings are held at Franklin Gardens community room, refreshments are served from 7.30pm followed by the talk at 7.45. New members welcome. More information from Aubrey Bould on 01954 250119.



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#### **ROAD CLOSURES 8TH MAY**

Il in a good cause! The Wings of Life World Run takes place in Cambridgeshire and 3,500 athletes will follow a marshalled course through many villages

This amazing event, now in its third year, has already raised nearly €5m for spinal cord research. Run by Wings for Life, an international charity sponsored by Red Bull, people in 35 locations around the world will start at exactly the same time and run for as long as they can. There is no finish line: a Catcher Car starts the chase 30 minutes after runners have left and keeps going until everyone has been passed. At each location the last one running is the global winner. The run is open to all athletes, from beginners to running elite and wheelchair users, and every entrance fee (£40) goes to spinal cord research. Each person can set his or her own goal: walking 3km or running 15km and can join in at any sector. Participants can have fundraising campaigns to let the world know why they've chosen this challenge -£100% of the money raised goes to spinal cord research. The UK start is from Parker's Piece, Cambridge, at midday and there will be 'rolling road closures' along the route - altogether the Cambridgeshire course covers 1050km over 20 sectors. The organisers will have recruited 400 volunteers to minimise disruption to local residents and



businesses and you will be able to track the live progress of all the UK runners on www.wingsforlifeworldrun.com
From Parker's Piece the route goes through Girton,
Oakington, Westwick to High Street, Cottenham, the road
being closed from 12 noon until 2pm. From Cottenham
the runners go along Twentypence Road to Wilburton,
then Haddenham, Earith, Sutton, Somersham, Pidley,
Woodhurst, Earith, Willingham, Over, then Cambridge.
The roads around Willingham (from Earith and to
Over) will be closed from 4.35 to 5.45.
In sector 1, around Parker's Piece, the road will be
closed from 7am to 6pm. To make yourself familiar with
the route and what will be closed and when check out maps
on public noticeboards in all the villages. If the blue light
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#### **URGENT NEED FOR MORE GUIDE LEADERS**

eing a member of the Girlguides is where your dreams come true. Girls get a chance to be involved in activities that might not come their way in the normal course of events at home or school. For Girlguiding aims to expand horizons, provide opportunities to make friends, be creative, increase skills, discover talents and build confidence. It is the leading charity for girls and young women in the UK, and groups are understandably very popular.

In the past year, for instance, 1st and 2nd Cottenham guides have taken part in a huge range of activities: line dancing, belly dancing, crafts, badges, visiting the pantomime, cooking, swimming, going camping – some more than once – big gig concert, movie nights, outdoor den building. And many more.

Today, in Cottenham, there are three Rainbow units (ages from 5 to 7), three Brownie units (ages from 7 to 10) and two guide units (ages 10 to 14). All of them are at capacity and there's a waiting list. And that's the problem: there's a real and urgent need for more leaders to be part of this fulfilling community enterprise.

Volunteering and being involved in guiding is a really enjoyable way to give our girls the chance to experience support and friendship outside of the school environment, to mix with older/younger friends. Leaders have fun too, working with great groups of local girls, watching them grow and develop through the challenges guiding offers. We will be honest and say it is a commitment, but a very rewarding one. The guide units currently operate

for 10 weeks a term for an hour and a half Tuesdays and Thursdays each week, plus planning time. There's some training



involved, which is paid for, and requires an extra evening every now and then. If we can get enough leaders then it may not need to be a weekly commitment. Some units are run by groups of friends who organise themselves so that each person only attends a meeting every other week. No specialist skills are needed other than a willingness to want to spend time with the girls and help them to plan and run their sessions. Age is not a barrier: females over the age 18 can apply to be a helper in guiding. Girlguiding welcomes volunteers of all backgrounds, ages, cultures, faiths and abilities. We support you with everything you need to know. You will not be dumped in it and expected to cope.

But it is crisis time for these Guide units will close in July 2016 if we cannot get some new leaders. If you or anyone you know would be interested in being a member of the largest and friendliest female organisation in the world please get in touch: Deanna Raven, Cottenham District Commissioner, deannaraven@btinternet.com or Dani Wykes, Cottenham District Commissioner, wykes21@gmail.com

#### SHINE ON COMMUNITY ACTION

Adam Daw, from Cottenham Village College, explains how students are taking up the challenge to be more involved in their communities

SHINE is unique to our college. It was created with a view to raising aspiration and participation in all areas of our students' lives, inside and outside of school. SHINE stands for Succeed, Help others, Inspire, Never give up, and Engage and each of these letters is a category with three levels: Silver, Gold and Platinum. Students meet criteria in each category before they complete a level. If successful, the reward is a SHINE badge. For older students, a well stocked SHINE portfolio will be of great value when applying for further education or employment.

Hand in hand with the SHINE programme is our new house system: four houses – Bronte, Hargreaves, Sanger and Turing – names chosen for their historic significance and contribution to the world we live in. Students and

staff remain in the house they are allocated to while they are at CVC. Three local primary schools – Cottenham, Willingham and Waterbeach – have joined us and run a SHINE Bronze award for their older students. Students in these schools will also be part of the house system and stay with the same house as they make the transition from primary to secondary school.

Of particular interest to those living in the Fen Edge might be the "Help others" SHINE award. This challenges students at all three levels to help out in any number of ways either regularly or as a one off. If you do have an activity planned that you would like help with, please email shine@cvcweb.net and we will get back to you. The Fen Edge Community Association (FECA) committee made a generous donation to help us launch the initiative and we have had fantastic support from Screens and Graphics in Cottenham (pop into the school to see the amazing displays they created for us).

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Rev Kylie Hodgins01954 250454	Cottenham Tennis Club
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#### **FEN EDGE PARISH COUNCILS**

#### **COTTENHAM PARISH COUNCIL**

The precept for the new financial year has been set at £206,939. We have tried to be rigorous with our project list to make them achievable in the next 12 months. Full details on website (see below) and a summary is displayed on village noticeboards.

We now have a full contingent of councillors with the co-option of Jonathan Graves and Karen Hodson who have joined at a particularly busy time for the council. The Annual Parish Meeting is in the Village Hall at 7.30 on 26th April. Neighbourhood Plan meetings will be held on 25/26th April.

A working party has been looking at a replacement building for the existing Village Hall and architects have been appointed to come up with plans for the outline planning stage.

The council is taking over the traffic management from the British Legion for the Remembrance Sunday parade. Cllr Martin McCarthy will undertake the necessary training required. Another volunteer will be needed, so if you are interested please get in touch. COUNCIL meets first Tuesday of month in 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 to 12 noon or by appointment. Contact details: 07503328401 or clerk@cottenhampc.org.uk and www.cottenhampc.org.uk

#### **RAMPTON PARISH COUNCIL**

Rampton is a comparatively small community and the Parish Council believe a small, simple village plan would both enable residents to have a say in the future of where they live, and assist the council in putting their case for improvements to the relevant authorities. When we have the results of the survey (posted on www.rampton.org) we will prioritise the best interests of the village. The precept increased this year to be used on small capital works and traffic calming. The annual parish meeting is on 18th April. COUNCIL meets first Monday of month (not August),

COUNCIL meets first Monday of month (not August), in village hall, 7.30pm. Clerk: John Garstang. Office (by appointment): 23 Cow Lane. Contact details: 01954 250960;

ramptonparishclerk@gmail.com and www.rampton.org

#### LANDBEACH PARISH COUNCIL

This year's precept is £21,000, an increase of £1,000. Our Annual Parish Meeting is on 26th May. Because

of reports of speeding in the village, the council is hoping to join with Milton PC consortium to share Speedwatch equipment. The council aims to run a first aid course, please contact the clerk if you are interested in attending.

COUNCIL meets first Monday in month (not August), in 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: 01954 252400; <a href="mailto:mariasylvester@hotmail.co.uk">mariasylvester@hotmail.co.uk</a> and <a href="mailto:www.landbeach.org.uk">www.landbeach.org.uk</a>

#### WATERBEACH PARISH COUNCIL

The Parish Precept is the amount of money we need from Council Tax payers to provide local services for which we are responsible. Having prepared a detailed budget we were asking for an increase of 2%, to provide £151,858. Unfortunately South Cambs DC has reduced the number of houses on which the Band D tax is charged. We could not change their minds so the Parish Council share of the council tax will be increased to £90.09, £3.35 (3.86%) more than the 2015-2016 charge. Full details of the budget and how it is spent on the website.

COUNCIL meets first Tuesday of month at The Old Pavilion, 7.30pm. Clerk: Liz Jones. Office: Tues and Thurs 10am-2pm (or by appointment), The Old Pavilion, Cambridge Rd. Contact details: 01223 441338; <a href="mailto:council@waterbeach.org.uk">council@waterbeach.org.uk</a> and <a href="https://www.waterbeach.org.uk">www.waterbeach.org.uk</a>

#### WILLINGHAM PARISH COUNCIL

The precept increased by £1,000 to £15,000 and the total budget requirement for 2016/17 is £115,000. The Annual Parish Meeting will be on 18th May, at the Octagon at St Mary and All Saints Church, at 7.30pm. We currently have a full complement of councillors (15) and all can be contacted via the parish office Monday to Thursday (see below). Ploughman Hall will be the polling station on 5th May for the Police and Crime Commissioner elections.

COUNCIL meets first Wednesday of month at the Octagon, 7.30pm. Clerk: Mrs Mandy Powell. Office (by appointment 10am-1pm): Ploughman Hall, West Fen Rd. Contact details: 01954 261027; <a href="mail@www.willinghampc.org.uk">email@www.willinghampc.org.uk</a> and <a href="https://www.willinghampc.org.uk">www.willinghampc.org.uk</a> and <a href="https://www.willinghampc.org.uk">www.willinghampc.org.uk</a>

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#### FEN EDGE MISCELLANY

#### THE FRENCH ARE COMING

For over 16 years the Fen Edge has been twinned with Avrillé, a small town in the suburbs of Angers, taking it in turns to host a visit which is both cultural and entertaining. The twinning association (FETA) makes sure the three day event will be as interesting here as it is there where the French committee, with the help of the Mairie (mayor and local council), welcomes the group with fine dining events and cultural visits. This year, families from Avrillé will be in the Fen Edge from 5th to 8th May, and helped by grants from parish councils (Cottenham, Willingham, Waterbeach and Rampton) and the Fen Edge Community Association, FETA plans a memorable stay. On the Saturday there's the Fun Run in the morning, followed by a picnic lunch with possibly some singing. In the evening there'll be a dinner, with Irish and Scottish country dancing, at CVC. The group will depart on Sunday 8th May. FETA is always on the lookout for people to host the French visitors. If you can help, or would like to join in the activities, please contact juliagwilt@gmail.com

#### ON WITH THE OLD

The annual procession of vintage and classic vehicles, known as the Yesteryear Road Run, takes place on 24th April, starting from Cottenham Village Green at 10am, travelling through surrounding villages and returning to the green about 12.30pm via Lambs Lane. Entrants come from far and wide. Nothing over 3 tonnes allowed. It's all for a good cause: raising money for Cancer Research UK, based at Addenbrooke's, to pay for the research into many types of cancer. We all know someone who has been affected by this terrible disease and this event (which has raised nearly £20K in the last two years) aims to find ways to eradicate it.

More information, and entry form for vehicles, on www.

yesteryearroadrun.co.uk. Many hands are needed and volunteers would be very welcome to help on the day. Make contact: vivien.lampard@ntlworld.com

#### GARDENS ON VIEW FOR CHARITY

Since its founding in 1927, the National Gardens Scheme (NGS) has donated more than £45million to charities such as Macmillan Cancer Support, Marie Curie, Hospice UK, Carers trust, The Queen's Nursing Institute and Perennial. Last year the NGS gardens in Cambridgeshire raised more than £48,000 and organisers are always looking for new gardens of quality and character, large or small, formal or informal. Visiting an NGS garden is a great way to spend an afternoon: not only lovely ideas to appreciate but often home-made cake and a cup of tea as well. To put your patch forward, contact angie.jones@ngs.org.uk or call 01733 222367.

Local gardens opening for NGS include The Manor at Hemingford Grey. The four-acre garden surrounds the 12th century manor house on which Lucy Boston's 'Green Knowe' children's books were based. It's open every day. Ely has some tempting attractions. On 12th June, visit the Bishop's House and Deanery with its Cathedral backdrop, or on the 15th two town gardens, one of which has a model railway and the other is the pride and joy of Fen Edge garden writer Ken Ellis (see p49). Other gardens are open on 7th August.

The Windmill at Impington, which is being restored, is open by arrangement: secret paths and wild areas maintain the romance of a former wilderness; contact mill. impington@ntlworld.com or call 07775 446443.

At Fenstanton the Manor House, open 18/19th June, has a formal garden designed by the famous landscape gardener Lancelot Capability Brown. This was his former home and he was here buried in 1783. Details of all open gardens can be found on www.ngs.org.uk

Continued on Page 21









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#### **FEN EDGE MISCELLANY**

#### JOIN IN AND SING TO REMEMBER

Jane Johannessen from the Care Network reports that her newest singing group has received funding from the Fen Edge Community Association and Cambridgeshire Community Foundation so that the weekly sings are now free of charge. Held Thursday mornings in term time in the Landbeach Baptist Church, the singing group is designed for people with various forms of memory loss and their carers and is led by respected local musician teacher and choir leader Jan Payne. Meetings start at 11 to 11.15am with tea, coffee, biscuits and a chat followed by an hour of singing. With songsheets to hand and piano accompaniment, everyone joins in the old favourites. Transport can be arranged through Care Cars and Beaches Community Car Service. Contact Jane if you would like to know more: Jane.j@care-network.org.uk or 01954 211919.

#### PARKING HELPS CHARITIES

The Rotary Club of Cambridge South and many friends manned three Cambridge car parks for six weekends (from end November to early January 2016) and raised a record £37,000. Addenbrooke's Charitable Trust, East Anglian Air Ambulance, Wintercomfort, CAMpod, CU Vet school trust, Stars (children's bereavement support

## AVOID BEING BURGLED WHEN YOU'RE ON HOLIDAY

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- Close and lock all doors and windows (even if only going out for a few minutes).
- · Don't leave valuables in view through windows.
- Leave some lights on and ask a neighbour to pop in and open/close curtains if it will be dark before you return.
- Install a visible burglar alarm &/or CCTV & don't forget to set it!
- · Always keep sheds and outbuildings securely locked.
- · Lock away any ladders safely out of view.
- Remember to cancel milk or other deliveries.
- · Don't advertise your holiday on Social Media

service) and other charities will benefit.

See the website <a href="http://www.cambridge-southrotary.org">http://www.cambridge-southrotary.org</a>. uk to find out more about Rotary, whose motto is "Service above Self". Our club celebrates its first 50 Years in March, meets on Mondays (except bank holidays) at 5.45 for 6.15 at Westminster College with some great speakers. New members are very welcome. Mike Smith

#### LINKS TO SUMMER LEARNING

The centre pullout in this issue is packed with great learning opportunities at Cottenham Village College in the coming months. Languages (including Just Talk English, for speakers of other languages), physical activities (from sashaying into salsa to moving into adult ballet) to being crafty with needles – from a sewing machine to patchwork, quilting and crochet. There's even a session on being creative with Nail Art, one of today's most stunning fashion trends.

All are fulfilling ways to fill your days if you're a beginner, an improver or want to add to your skills. The annual summer school, at the end of July, has earned a remarkable reputation for its wide-ranging courses, and year after year attracts people from miles away to participate in amazingly creative and personally rewarding activities. Whether willow weaving or playing blues guitar, discovering the Tao of everyday life, or joining others on walks through our gorgeous countryside, you'll be hard-pressed to choose your challenges. All the information is in the pullout, but if you have questions contact community@cvcweb.net or call 01954 288751.

## THE WHO'S WHO OF HOUSE NAMES (See SHINE p13)

Bronte: Charlotte (1816-1855), English novelist (Jane Eyre, Shirley, Villette) who wrote about a new kind of heroine who defied age-old expectations to emerge as an individual in her own right.

Hargreaves: Alison (1962-1995), mountain climber from

Derbyshire who scaled Everest alone in 1995 without supplementary oxygen. That year she intended climbing the world's three highest mountains but died in August when descending from the summit of K2.

Sanger: Frederick (1918-2013), British biochemist who won the Nobel prize for Chemistry twice. He set out to determine the structure of insulin, the hormone crucial to regulating blood sugar levels and essential to health. Turing: Alan (1912-1954), British pioneering computer scientist, mathematician, logician and cryptanalyst whose work on deciphering codes was extremely valuable during the second world war. Considered the 'father of the modern computer'.





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#### **RAMPTON NEWS**

#### **RAMPARTS ON SHOW**

The exhibition will be in the Village Hall on Saturday 16 (10am to 5pm) and Sunday 17 (10am to 4pm) July. There is always a wide range of contemporary and traditional paintings, prints and cards for sale with very reasonable prices. This year there will be a competition for young artists from Rampton. Next year we hope to expand this to other villages.

Ramparts has been nominated for a "Wellbeing" award from SCDC! Members do enjoy themselves and it develops our creativity (and possibly keeps us fit!) so if you would like to start your own art group come along and pick up some ideas. It's not all about being able to draw! Rosemary Millar

**VILLAGE EVENTS** 

Let's hope for a fine first week in June for Tea on the Green on the 5th – enjoy cream teas and a chinwag at tables and chairs (all to be transported to the village hall if it rains).

The Summer Fayre welcomes in July on the 2nd. There'll be the popular bric-a-brac stall, plus bottles and cakes, plants and produce all arrayed

to tempt those attending. Bouncy castle and face painting for the children plus different games for young and old (like bowling for the pig, darts, pick a peg), foodie opportunities, tug of war. Everyone's putting in time and effort to ensure the Fayre will be a great success.

#### THE CHURCH PATH

Locals have been very supportive of the new path and its restoration, for which grants of £1,000 from the Cambridgeshire Historic Churches Trust and £3,000from the Warham Charitable Trust, based in Norfolk. The walk way is well used by those exercising their dogs and those accessing the village burial ground.

#### **DIRECTORY**

#### Church contact

Judith Middleton......01954 251 607

#### Rampton church

Rev Kylie Hodgins......01954 250454

#### Newsletter

Karen Williams......<u>kazza.will@yahoo.co.uk</u> <u>www.rampton.org</u> for the Rampton newsletter

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#### **ADULT LEARNING & LEISURE**

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Email: community@cvcweb.net
Web link: http://community.cvcweb.net

ADULT LEARNING OFFICE	01954 288751
SCHOOL RECEPTION	01954 288944
SCHOOL RECEPTION FAX	01954 288949
SPORTS CENTRE	01954 288760
COTTENHAM PRIMARY SCHOOL	01954 206227
WATERBEACH PRIMARY SCHOOL	01223 718988
WILLINGHAM PRIMARY SCHOOL	01954 283030

Village College HeadteacherStuart LockCentre School HeadteacherSue RavenExecutive HeadteacherSteve EllisonAdult & Family Learning ManagerJanet Drinkwater

#### **Adult Learning Administration:**

Cottenham Village College

Tracy Thistlethwaite

Debbie Jackman

Kate Taylor

#### **ENROL NOW FOR SUMMER 2016 COURSES**

Tel: 01954 288751 Email: community@cvcweb.net
Direct Link: http://community.cvcweb.net

Adult Learning at Cottenham Village College Enrolment Form – See Page 40

#### COTTENHAM SUMMER SCHOOL 2016 - Monday 25th July-Friday 29th July

See page 34 for more details ...

Get in touch to book a course: Tel: 01954 288751

Course Information on our website: http://community.cvcweb.net









## NEWS FROM ADULT LEARNING AT COTTENHAM VILLAGE COLLEGE

hank you to everyone who supports our Adult Learning Programme by attending our classes. The Summer Term approaches and we are offering some exciting new classes. Have a look through the programme and come along to try something new. The evenings are getting lighter so you may feel more enthusiastic to join a class.

**Salsa for Beginners** – starting Wednesday 27th April. The first class is free so why not give it a go – you'll be hooked!

**Adult Ballet** – Wednesday mornings as well as Thursday mornings at the Community Centre starting 20th April, for those who have done ballet before and want to refresh their ballet skills, no matter how long ago!

**Learn to Sew by Machine** – starting Monday 25th April – come along with your sewing machine and learn how to use it with confidence

**Spanish and French for Holidays** – 5 week classes start Monday 25th April (Spanish) and

Tuesday 26th April (French). Brush up your languages ready for your holidays.

**Get Hooked on Crochet for Beginners** – an evening class starting Tuesday 26th April. If you've always wanted to learn then join this 4 week introduction to Crochet

**Just Talk English** – for speakers of other languages. Starts Wednesday 4th May – join us and gain confidence with your English in a relaxed and friendly café style class and bring your friends.

**Nail Art** – Wednesday 15th June for 2 hours to build your skills

**Free Machine Embroidery Beginners** – daytime class starting 27th April

**Patchwork & Quilting Beginners** – daytime class starting 8th June

We're offering lots of Saturday classes too – see the full programme.

We look forward to hearing from you. If there is a subject you would like us to offer then please let us know.

## COTTENHAM SUMMER SCHOOL 25th-29th July 2016

e are running Summer School courses again this year in Arts, Crafts, Music and Walking. Courses run from 1 to 5 days and include Mosaics, Loom Weaving, Willow Weaving, Lino Cutting, Stitched Textiles, Crochet, Patchwork, Watercolour Painting, Drawing, Upholstery, Blues Guitar, Pattern Cutting, and Walking.

NEW this year are Stained Glass, Love Your Overlocker, The Tao of Everyday Life, Novelty Birthday Cake and Sugarcraft, Paper Flowers and Botanical Illustration

Contact us for all of the above by email: community@cvcweb.net or phone: 01954 288751. View the full programme on our website: **community.cvcweb.net** 

#### **COURSES AT A GLANCE**

#### Arts & Craft

Carpentry Design & Make Wednesday Ceramics Wednesday Dressmaking Monday Learn to sew by Machine Monday Get Hooked on Crochet Tuesday Nail Art Wednesday Thursday & Friday Upholstery Watercolour Painting Improvers Monday

#### Fitness & Health

Fitness for Mature Movers (Cottenham) Wednesday
Fitness for Mature Movers (Waterbeach) Monday
Pilates at Rampton Village Hall Monday
Pilates Tuesday
T'ai Chi Tuesday
Yoga Monday & Tuesday

#### Dance & Music

Adult Ballet Beginners Monday & Wednesday
Adult Ballet Improvers Cottenham Wednesday
Community Centre & CVC & Thursday
Acoustic Guitar for Improvers Mednesday
Salsa Dancing for Beginners NEW Wednesday
Adult Tap Dancing Intermed/Improvers Wednesday

#### Languages

French Conversation Thursday
French for Holidays **NEW** Tuesday
Spanish for Holidays **NEW** Monday
lust Talk French (Improvers) Wednesday

#### **General**

Creative Writing Monday
Art History Monday

#### **Saturday Classes**

See Saturday Listing

#### ADULT CLASSES AT COTTENHAM VILLAGE COLLEGE

The prices quoted are for Adults (F) = Full Rate and

(R) = Reduced Rate for those on a means tested Benefit or Pension Credit

PLEASE NOTE: ALL FEES MUST BE PAID BEFORE THE START OF THE COURSE.

Payment can be made by cash, cheque, debit or credit card (please note that for credit card payments there is charge of £2.50)

#### **DATES FOR SUMMER 2016**

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

#### MONDAY

## Acoustic Guitar for Improvers NEW – 8 weeks 7.00-8.30pm Fee: £54(F)/£40(R) starts 25th April

For those who have already attended a beginners course or have some basic knowledge of guitar. Will include advanced chords such as 7ths, basic techniques and improvisation. If you're unsure then just come along with your guitar to the first session to see if the level is right for you.

## Adult Ballet - 10 weeks 7.30-9.00pm Fee: £75(F)/£56(R) - starts 18th April (held in our Dance Studio)

Designed to teach style, co-ordination, terminology and the steps that are the building blocks for ballet. A great dance class for having fun while developing tone and strength throughout the body.

## Adult Tap Dancing Beginners/Improvers – 10 weeks 6.30-7.30pm Fee: £50(F)/£40(R) starts 18th April (held in our Dance Studio)

Designed to teach rhythm, co-ordination, terminology and the steps that are the building blocks for all tap dancing, a great dance class for having fun while developing tone and strength in the legs and hips.

## Art History: Modernism 1910-1980 - 8 weeks 7.15-9.15pm Fee: £75(F)/£54(R) starts 18th April

This course is aimed at anyone who would like to learn more about how to analyse works of art, with a specific focus on Modernist movements, and the diversity of the work being produced between approximately 1900 –1980. We will study a wide range of artists and their techniques including Pop artist Andy Warhol, and the Environmental sculptures of Andy Goldsworthy.

#### Creative Writing – 5 weeks 7.30-9.00pm Fee: £34(F)/£26(R) starts 18th April

Aimed at anyone who enjoys writing and would like to develop and share their writing with others. No experience is necessary but an enjoyment of writing and using your imagination are important! Perhaps you have a great idea for a novel but aren't sure how to get started. Or maybe you enjoy jotting down ideas for poems on the back of old receipts. Whatever your level or interest, this course will give you the inspiration to get writing and provide you with a creative environment as a springboard for your ideas.

#### Dressmaking - 10 weeks 12.30-2.30pm Fee: £90(F)/£68(R) starts 18th April

Learners will be guided through the purchase of fabrics and patterns. They will learn how to make basic pattern alterations, cut out, assemble and fit their garments. As well as this they will be taught basic dressmaking techniques and make samples to practice their skills. Plenty of help with using a sewing machine if required. Suitable for beginners and more advanced learners.

## Learn to Sew by Machine NEW – 5 weeks 7.00-9.00pm Fee: £45(F)/£34(R) starts 25th April

This course is for everyone who has a new sewing machine, those returning to sewing and those who have upgraded the machine and not sure how it works. Whilst learning all about the machine and

stitching techniques you will be able to make a variety of crafted items. Suitable for beginners or those with some experience.

## Entry Pilates (Beginners) – 10 weeks 1.45–2.45pm Fee: £50 - RAMPTON VILLAGE HALL starts 18th April

Learn better techniques to move and increase body awareness using the easier options of the exercises this session is suitable for those new to Pilates, recovering from an injury and those who are not interested in taking the movements to the next level of complexity.

## Fitness for Mature Movers – 5 weeks 10.00-11.00am Fee: £20 TILLAGE HALL, WATERBEACH starts 18th April

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

#### Silversmithing Intermediate – 9 weeks 7.00-9.00pm £81(F)/£61(R) (plus £20 for materials – copper) starts 25th April

Aimed at learners with previous knowledge of Silversmithing who are looking to explore more advanced techniques used to make cutlery, bangles and curtain ends etc. You will predominantly work in copper which has similar properties to silver at a fraction of the cost.

## Spanish for Holidays NEW – 5 weeks 7.00-8.30pm Fee: £50(F)/£40(R) starts 25th April

Do you wish you could speak some Spanish to help you on your holidays? Then come along to this short course aimed at beginners who have a little knowledge of Spanish words and phrases but want to build on this. We will cover everyday holiday situations such as greetings, booking a hotel, ordering food & drinks and shopping.

## Watercolour Painting for Improvers - 7 weeks 10.00am-12noon Fee: £63(F)/£47(R) starts 9th May

Aimed at those with some experience of Watercolour. There is little to compare with the beauty of transparent colour washes. The course will have a definite bias towards traditional landscape painting. Lots of new colour mixes, tips and 'tricks of the trade' for you to learn and enjoy. Students to provide own materials.

#### Yoga for Beginners - 8 weeks 6.30-8.00pm Fee: £54(F)/£40(R) starts 18th April

Suitable for all ages and abilities. Learners with some experience who want to 'go back to basics' are welcome. The course aims to increase your flexibility whilst teaching you how to work with your breath and how to relax. This course is not suitable for ladies in the first three months of pregnancy

#### **TUESDAY**

Advanced Textiles Workshop – 5 weeks (term 3 of 3) starts 3rd May, Tuesdays fortnightly 10.00am-3.30pm Fee: £120(F)/£90(R) Materials costs are extra
For those who wish to further their skills and experience in the field of creative embroidery.
Students to have completed C&G 7822/7922
Embroidery or similar and have a firm commitment to the 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. All applicants to go through a selection process - please ring the tutor Pauline Verrinder on 01954 260358 before applying.

## Designer Textiles Workshop – 5 weeks (term 3 of 3) starts 26th April, Tuesdays fortnightly 10.00am-3.30pm Fee: £120(F)/£90(R) Materials costs are extra

Aimed at embroiderers with a high level of experience in the field of creative embroidery. Extend and develop existing skills and experience through individual experimentation and discovery led by design. Students to have completed C&G 7922/7923 Embroidery or similar. All applicants to go through a selection process – please ring the tutor Pauline Verrinder on 01954 260358 before applying.

# French for Holidays NEW – 5 weeks 7.00-9.00pm Fee: £50(F)/£40(R) starts 26th April Brush up your French for your holiday. This short course is aimed at people with a little basic knowledge of French who want to communicate more effectively when on holiday. Join our

knowledge of French who want to communicate more effectively when on holiday. Join our experienced tutor for a relaxed and fun course giving you the confidence to converse and understand more in French.

## Get Hooked on Crochet for Beginners NEW – 4 weeks 6.30pm-9.00pm Fee: £45(F)/£34(R) starts 26th April

Discover your passion for Crochet starting with basic stitches, pattern reading & a mini project. Once you have mastered your hook you will have the opportunity to make a Hook Case, learn edging and create beautiful floral offerings. We will then move onto a traditional Afghan blanket in a style of your choice. Materials extra.

## Pilates - Entry Pilates (Beginners) – 10 weeks 6.30-7.30pm Fee: £50(F)/£40(R) starts 19th April

Learners can expect to learn better techniques to move and increase body awareness using the easier options of the exercises. This makes this session suitable for those new to Pilates, recovering from an injury and those who are not interested in taking the movements to the next level of complexity.

Pilates Explore (Improvers) - 10 weeks 7.30-8.30pm Fee: £50(F)/£40(R) starts 19th April Learners can expect to learn better techniques to move and increase body awareness. These sessions also incorporate the more challenging options of the exercise for those interested in taking the movements to the next level of complexity.

#### Silversmithing Advanced – 9 weeks 7.00-9.00pm £81(F)/£61(R) starts 26th April

Aimed at learners with previous experience of Silversmithing who are looking to explore more advanced techniques, develop their design skills and explore their own aesthetic style. Learners may source their own silver with advice from the Tutor.

## T'ai Chi for Beginners - 10 weeks 6.00-7.00pm Fee: £45(F)/£34(R) starts 19th April

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 Beginners plus - 10 weeks 7.00-8.00pm Fee: £45(F)/£34(R) starts 19th April

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 wellbeing. For those with less than I year's experience.

T'ai Chi for Improvers – 10 weeks 8.00-9.15pm Fee: £56(F)/£42(R) starts 19th April Suitable for those with at least one year's experience.

#### Yoga for Improvers - 9 weeks 7.30-9.00pm Fee: £60(F)/£45(R) starts 19th April

Suitable for those with at least one year's experience (gained over the last few years). The course aims to increase your flexibility improve your asana practice and develop your understanding of the philosophy of yoga. Not suitable for ladies in the first three months of pregnancy.

#### WEA Cottenham British Legion Hall, 121 High Street, Cottenham CB24 8SD

Subject: Myths & Legends of Cambridgeshire & The Fens Tutor: Maureen James

Exploring some of the more popular myths & legends of the county and of the Fens, including locational details, who told the stories, where they were told, and when.

Start date: Tuesday 12th April 2016 Ti

No. Sessions: 6

Contact: Liz Milway Tel: 01954 250039

Time: 10am (21/4 hours per week)

Course fee: £43.20 for 6 sessions

#### WEDNESDAY

## Adult Ballet Improvers – 10 weeks 10.00 –11.00am Cottenham Community Centre Fee: £50 starts 20th April

For those who attended ballet classes as children or adults, this class is designed to refresh your technique, style and knowledge of the steps that are the building blocks for ballet. Each session will consist of set barre and centre exercises that will lead on to learning choreography to a variety of music. A great dance class for having fun while developing tone and strength throughout the body.

## Adult Tap Dancing Improvers - 10 weeks 7.00-8.00pm Fee: £50 starts 20th April

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. Bring a little Fred Astaire to your Wednesday evenings!

Adult Tap Dancing Intermediate – 10 weeks 8.00-9.00pm Fee: £50 starts 20th April For those who have previously completed Adult Improvers Tap (Levels I-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. Bring a little Ginger Rogers to your Wednesday evenings!

Carpentry, Learn Design & Make - 8 weeks 7.00-9.00pm Fee: £72(F)/£54(R) starts 27th April A light informative and enjoyable course enabling

A light, informative and enjoyable course enabling progression from idea to conclusion. We offer a top quality, extensively equipped carpentry workshop where you can design and make a woodwork project of your choice. Suitable for the complete beginner or the expert. Bring your own woodwork materials.

## Creative with Clay – Ceramics/Pottery – 10 weeks 7.00-9.00pm Fee: £95 + £15 materials starts 27th April

Explore, create and express your ideas in the versatile medium of clay. Practise a range of techniques including hand building, throwing, decoration and glaze effects using a variety of stoneware clays, slips and glazes. Suitable for beginners or those with experience.

#### Fitness for Mature Movers - 5 weeks 1.30-2.30pm Fee: £20 starts 20th April

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

## Free Machine Embroidery for Beginners (Daytime) – 5 weeks 9.30am–12.30pm Fee: £75(F)/£56(R) starts 27th April

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.

## Just Talk English NEW (for speakers of other languages) 8 weeks 7.00-8.45pm Fee: £48 starts 4th May

This course is for anyone who would like to improve their communication in English in a relaxed and friendly group setting with café. Meet others, make friends and practice your English in a supportive environment with the help of an experienced Tutor.

## Just Talk French (Improvers) – (Term 3 of 3) – 10 weeks 7.00-9.00pm Fee: £90(F)/£68(R) starts 20th April

For 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 skills further, then this course is for you. New students welcome.

#### Nail Art NEW - I evening 6.00pm-8.00pm Fee: £15 - 15th June

Get creative with nail art using a range of products. Produce your own designs and gain the skills to do this for yourself at home. All materials provided.

## Patchwork & Quilting for Beginners – NEW 5 weeks 10.00am-2.30pm Fee: £90(F)/£68(R) starts 8th June

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 48" x 48" lap quilt. Machine sewing. Students must bring their own sewing machines, fabric and thread. Other equipment can be provided for use in class.

## Salsa Dance for Beginners NEW – 10 weeks – FIRST CLASS FREE 7.00pm-8.30pm Fee: £68 (9 weeks fee) starts 27th April

This Cuban style Salsa is energetic and addictive, so come along to the first FREE session and you'll be hooked! No partner needed. Learn dances such as the Cha Cha Cha, Charanga, La Rueda, Bolero and Merengue and more in a very friendly, fun and relaxed atmosphere. Week by week master the fundamentals of the dance, allowing you to dance with confidence.

#### Silversmithing Basic - 9 weeks 7.00-9.00pm Fee: £81(F)/£61(R) (plus £20 for materials copper not silver) starts 27th April

Suitable for beginners or people with some previous experience with the material. Students will work in copper initially, which has similar properties to silver at a fraction of the cost, and be taught how to solder, pierce, form and finish metal.

#### **THURSDAY**

## Adult Ballet Improvers Level 2 – 10 weeks 10.00–11.00am Cottenham Community Centre Fee: £50 starts 21st April

For those who attended ballet classes as children or adults, this class is designed to refresh your technique, style and knowledge of the steps that are the building blocks for ballet. Each session will consist of set barre and centre exercises that will lead on to learning choreography to a variety of music. A great dance class for having fun while developing tone and strength throughout the body.

## French Conversation - Intermediate -10 weeks 9.30-11.30am Fee: £90(F)/£68(R) starts 21st April

Course currently full, please contact us for waiting list.

## Upholstery - 10 weeks 10.00am-3.30pm Fee: £230(F)/£172(R) starts 28th April

Course currently full, please contact us for waiting list.

#### **FRIDAY**

Upholstery (Daytime) - 10 weeks 10.00am-3.30pm Fee: £230(F)/£172(R) starts 29th April

Course currently full, please contact us for waiting list.

## 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)

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

Materials are extra where stated.

#### **SATURDAY 14TH MAY 2016**

#### Emergency First Aid at Work £60 – Colin Fordham

On this one day course you will acquire new skills to enable you to handle lifesaving situations at home, work or on the road. Theoretical and practical training is given. A certificate will be awarded for successful completion of the course. A First Aid Manual is included in the fee.

#### Lino Printing £35/£28 (materials included) – Clive Riggs

Suitable for beginners or those with some experience in Lino Printing. An in-depth exploration of a range of techniques both for multiples prints or one-offs. You will have the opportunity to print by hand or with a press, producing both colour and black and white. All materials included.

#### Luxury Strawberry Gateau (patisserie style) 10am-2pm Fee: £20 – Wendy Leaney

Bake and create a delicious cake in the style of a coffee shop which is 'aimed to introduce continental patisserie to the UK'! You'll make a light whisked sponge and a fresh strawberry filling and glaze which is packed full of flavour. A mouth-watering gateau using fresh cream and decorated with roasted nuts for a professional finish. Take home new skills, increased confidence in baking and a delicious cake! Ingredients extra.

#### Patchwork Day – Whirling Logs & Foundation piecing - Mary McIntosh

Make a single 12" whirling logs block to make up into a cushion or make 9 blocks or more to make up into a quilt. Foundation piecing. Machine sewing. Suitable for those with some experience of patchwork and quilting. We will make the blocks only on the day but advice will be given on cushion and quilt making. Materials are extra

#### Screen Printing - Ricki Outis

In this session the emphasis is on the experimental, using screen fillers with the silk screen to create painterly effects and texture on fabric. The day is aimed at those with some experience and also complete Beginners and it is an opportunity to work in a studio atmosphere with tutor support. An A4 screen and squeegee is provided for use during the day. Materials are extra.

#### Twisted Vessels - Pauline Verrinder

A workshop suited to those who have at least intermediate experience in free machine

embroidery. Spend the day creating a vessel or vase that has a 'twist' which will be unique to the individual and decorate to your own design and finish off with hand stitch. Materials extra.

#### Watercolour, Pen & Wash - David Hyde

Explore a world of pen and wash possibilities with professional artist David Hyde, who will show you how to harness the power of pens and watercolour washes to create an eye catching painting. You will be working on a local landscape subject including water and buildings. Materials are extra.

#### **SATURDAY 11TH JUNE 2016**

#### Mosaic Workshop - Terry Baker

An introduction to the ancient, beautiful, versatile and easy craft of mosaic. You will be given information about equipment, bases, adhesives, mosaic materials and grouts (including relevant Health & Safety advice). Small projects can include decorative panels, pan stands, mirror frames and house numbers. Even absolute beginners can expect to create beautiful and long lasting results. Material costs are extra.

#### Willow Weaving a Frame Basket - Sue Kirk

The 'Frame' or 'Ribbed ' Basket was originally made by makers who had not undergone training in basketry. The basket takes a whole day to make, start by constructing the hoop, then add ribs in pairs to the basket. The willow is woven across the framework and around the hoop. You can add a handle or just concentrate on the basic shape. Suitable for beginners and improvers, materials £10 payable on the day.

#### Felt Making Vessels - Lisa Fretwell

During this course you will be introduced to making vessels using a resist method. You will learn through a short presentation about the techniques, demonstrations and discussion. By the end of the day, you will have made a vessel using a resist and two types of wool. Materials are extra.

#### Ceramic Garden Plaque Fee: £40/£30 (materials included) – Clare Hall

Spend the day in our pottery studio creating your own unique garden plaque using clay. Pieces will be ready for collection after firing by the Tutor. All materials included

# Summer School School 25th - 29th July 25th - 29th July



For more information or a brochure, please contact us on Tel: 01954 288751 Email: community@cvcweb.net

or visit http://community.cvcweb.net

#### THE SHIP I

Weaving on a Table Loom with Ava Dubling Chall for a week

with Mary Maintain

Stitch & Surface Design Cloths att Pales tember Spectocular Screen Printing

with Note Outle

Get Hooked on Crachet with Dama Millionan

Bear Essentials Crochet will Enny Williams

#### Drawing & Painting

Drawing - Learning to See

Betanical Illustration

Landscapes in Watercolour with laws type

Calligraphy - The Unclai Script

#### Music

The Roots of Modern Guitar

#### Walking

Rivers & Streams in Cambridgeshire with last flume

#### Crafts

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wit Daty Moore Puttern Cutting - Trausers

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Stained Glass

with Link Protects

Line Printing

Learn to Love Your Overlocker with Penns States

Willow Wenning

with Sue Nink

Birthday Cake & Sugarcraft with Words Leavey

Paper Flowers whitestake

#### General

Is Beekeeping for You?

with thems from
The Tao of Everyday Life:
Chinese Philosophy
with time thems

Like us on Facebook (Adul Learning of Colbelhare Wilaye College)

#### **BALLET POINTES**

ur dancers are making good progress in their classes and the Year 1 pupils will be taking their first ballet test in June - we wish them luck. The older dancers have been busy, our contemporary group SCAMBS performed at Energise 2016 at Swavesey in February and were amazing, they will be involved with Swavesey Festival in June and we are hoping to have other opportunities for them to perform during the Summer term. This group is taught by Dani Swann and Jack Stinton.

The ballet performance this year is on Saturday May 7th at Swavesey Venue, 3.15pm and 7.30pm and we have an interesting programme for you. Two very different ballets: The Seasons by Glazunov which was first performed by the Russian Imperial Ballet

 very impressionistic in style - will be followed by Elite Syncopations which uses music by Scott Joplin and others and is a light hearted look at life. Come and see it.

Tickets are £8 for all seats with a family ticket costing £28 (4 seats) book on 01954 200533 or mailto: tutusrus@ntlworld.com ... see you there?

Any enquiries about spaces in the Ballet classes at Cottenham Village College on Wednesdays please contact Community Education 01954 288751 or April Martin as above. To find out about SCAMBS contact April.

Remember our tutors are fully trained, DBS checked and have also done "Safeguarding & Prevent" training.

#### **BALLET FOR CHILDREN AND YOUNG PEOPLE**

Tutor - 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 : 12 week term - Starts Wednesday 13th April 2016

		Time	I Term
Cj51	Pre-school & Reception	4.00-4.30pm	£36.00
Cj52	School Years I & 2 (plus older Reception)	4.30-5.00pm	£36.00
Cj53	School Years 3, 4, 5, 6	5.00-5.45pm	£54.00
Cj54	School Years 6, 7, 8, 9 and above	5.45-6.45pm	£72.00

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.

#### **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:**

Enrolling in person: the office will be open weekdays 9.00am to 2.30pm and Monday—Wednesday evenings from 6.30pm to 8.30pm.
Enrolling by phone: call us on 01954 288751
Enrolling by email: community@cvcweb.net with full details of the course, your name, address and telephone number.

**Enrolling 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 from 5pm daily and from 9am at weekends or call **01954 288760.** 

COURSE FEES: must be paid in full at enrolment.

MATERIALS 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 Booking Form).

#### 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.

#### **EOUALITIES 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.

Cottenham Sports Centre boasts an array of quality sports facilities; open to the public 5pm-I0pm Mon – Fri and 9am-5pm at weekends. Tel: 01954 288760 or visit cottenhamsportscentre.co.uk

- A dance / aerobics studio, with wood sprung floor
- A floodlit artificial turf pitch
- Multi use sports hall (3 badminton courts)
- Gymnasium (smaller hall suitable for martial arts, etc)
- Four floodlit tennis / netball courts
- Outdoor cricket nets
- Modern changing rooms, with showers and lockers



These excellent facilities are available to clubs, groups and individuals to hire on either a block booking or casual basis.

### **SPORTS CENTRE COURSES**

We run a number of term time sports courses for adults and children.

These courses must be booked in advance.

The prices quoted are for Adults (F) = Full Rate and (R) = Reduced Rate for those on a means tested Benefit (Working Family Tax Credit, Job Seeker's Allowance, Income Based Benefit, Pension Credit means tested element of State pension, or Full Time Students age up to age 18

PLEASE NOTE: ALL FEES MUST BE PAID BEFORE THE START OF THE COURSE

To book a Sports Centre course please contact 01954 288760 from 5pm

### **COURSES FOR ADULTS**

### **MONDAY**

Badminton Classes with Tutor Dan Valderas - 14 weeks starting

11th April 2016 (excluding 2nd May Bank Holiday)

Beginners 6:30 - 7:30 pm £70(F)/£53(R)Intermediate 7:30 - 8:30 pm £70(F)/£53(R)Advanced 8:30 - 9.30 pm £70(F)/£53(R)

TO BOOK A SPORTS CENTRE COURSE/CLASS

CALL DIRECT ON 01954 288760

BETWEEN THE TIMES OF 5pm-10pm

MONDAY TO FRIDAY OR 9am-5pm WEEKENDS

### **ACTIVITIES FOR CHILDREN & YOUNG PEOPLE**

### **MONDAY**

Badminton with Dan Valderas - 14 Weeks - starting 11th April 2016 (excluding 2nd May Bank Holiday)

Badminton Juniors 5:30 - 6:30pm £53

### **WEDNESDAY**

Roller Skating starting 13th April (pay per session) Term Time only

5:00 - 6:00pm £2.80 per session (Skate Hire +£1)

### **FRIDAY**

Roller Skating starting 15th January (pay per session) Term Time only

Roller Skating 5:00 - 6:30pm £3 Skate Hire +£1

Artistic Skating 6:30 – 7:30pm £3

All termly classes have a half term break – w/c 30th May 2016 – all fees must be paid at the start of the course/class

### GP REFERRAL CLASSES – SOUTH CAMBRIDGSEHIRE 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.

**CONTACT:** Cottenham Sports Centre Tel. 01954 288760 or cottenhamsportscentre.co.uk

Active &

Healthy 4

# ACTIVITY TIMETABLE Summer 2016 Cottenham Sports Centre

Zone	DANCE STUDEO	PITNESS SUITE	SPORTS HALL	COURTS	CYMNASIUM
Honday	2.30-6.30pm irish Duncing Club 6.30-7.30pm Adult Top 7.30-9.00pm Adult Ballet	1-9.30pm Ceneral	5.30-9.50pm Budmirose. Custom (All similifes)	5-Spm Tenels General Use	Free for Bookings
Tuenday	6.30-6.30 Line Duncing	3:30-9:30pm GP Referral 9:30-9:30pm General	6.30-8.00pm Cottenham Roller Huckey	6-Spm Cottenham Nethall Club	6-7pm Badwinson (club) 7-8pm Circuits (Dave SIN)
Wednesday	7.00-9.00pm Adult Tap	5-5-30pm Cemeral	3- April Rollar Starting Spatianes 6- Type Murarich City Juniors 7- April Million Colle Juniors	6 - Spm Cottonham Tennis Club	4-Spm Gymnastics Age 5-7 5-firm Gymnastics Age 8-10 6-7pm Gymnastics Age 13+ 7,30-8pm Seni Ny Rys
Thursday	fine for Bookings	330-338pm GP Belgrad 530-930pm General	6-Type Cottentham Colts 7-Bym Million Colt Juniors 8-10pm Cottenham Ballminton Colb	5-8pm Tennis General Use	6-Spec Karana Chub
Friday	Free for Bookings	3-5-30pm General	9-6-30pm Sharing (Incs) 5-30-7-30pm Sharing Fractice 7-30-9-30pm Referbillies	5-Spm Tennis General Use	6-Spm Tao Ewon Do
Saturday	Free for Bookings	Sum-Spm Ceneral	Childrens Furty Bookings Available	S-Spin Tennis General Use	9.30-12pm Fen Edge Dance 12.30-5pm Tee Keen Do
Sunday	Free for Bookings	Burn-Spin General	Childrens Party Bookings Available	9-Spm Tennis General Use	Closed

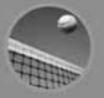
- All other activities are outside clubs

OPENING TIMES - Weekdays 5pm - 10pm Weekends 9am - 5pm ASTRO PITCH EDOXINGS - PHONE FOR AVAILABILITY









High Street, Cattenham, CE24 SUA For Bookings or more information Tel: 01954 288760

Or visit cottanhamsportscentre.co.uk



### **ADULT LEARNING BOOKING FORM**

	TITLE	FORENAME	SURNA	ME
AD	DRESS			
		POSTC	ODE	
D.C	D.B:			
TEL	<u>.:</u>			
МО	BILE:			
EMA	AIL:			
		COURSE NAME	COURSE FEE £	RECEIPT No.
I.				
2.				
3.				

### **ARE YOU ELIGIBLE FOR REDUCED FEES?**

### THE FOLLOWING GROUPS MAY CLAIM THE REDUCED RATE

Working Family Tax Credit Job Seeker's Allowance

Income Based Benefit

If you receive Pension Credit - means tested element of State Pension

Full Time Students up to age 18

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



### LANDBEACH NEWS

### **TITHE BARN TRUSTEES**

A small but dedicated team of volunteers aims to save and sympathetically restore the 16th centurt Grade 1 listed tithe barn for community use. Their skills cover heritage management, agricultural community liaison and finance but still needed are an architect, historic building surveyor and a project manager.

It's a not-for-profit group and they have started the process to become a registered charity. Gemma O'Shea, local resident and shadow trustee, says "It's an exciting time to get on board. If you have vision and a little time to give something back, get in touch. This unique barn is in a state of disrepair and unless we act now we could lose this gem at the heart of Landbeach."

Email tithebarntrust@gmail.com or phone James Hockney on 07958 389713 or see Facebook.com/FriendsofLandbeachTitheBarn

### FRIENDS OF WORTS MEADOW

You might not get this issue in time to join the annual walk around the nature reserve on 1st April, looking for great crested newts and other amphibians. Remember for next year! Meet at Landbeach village hall car park (CB25 9FG) at 8.30pm, attired in wellies and carrying a torch.

On 22nd May there's a dawn chorus walk starting at 4.30am followed by a free breakfast. Experts on hand to identify bird song. Meet as above.

On 3rd July join an expert from 8 to 10am to identify moths caught the previous night at the nature reserve. Great photo opportunities as the moths are recorded and released.

Pond dipping for adults and children takes place on 3rd September. With an expert to see what lurks beneath the surface – fully supervised in shallow water. Children should be accompanied. Wear wellies (nets are provided). Meet at Worts Meadow at 2.30pm. Robert Humphrey

### THE LANDBEACH SOCIETY

A group for anyone interested in the history of the village of Landbeach, its place within the region and in protecting its environment. We hold a series of monthly meetings between January and June, and September to December to which all are welcome.

Membership is £3 a year and entrance to the talks in the Village Hall is £3.50. You do not need to be a member to attend the talks which begin at 7.30pm. Wednesday 20th April: Anglesey to Fairhaven and back again, David Craig. Wednesday 18th May: Cambridge spies, Andrew Lacey. Saturday 25th June: Landbeach Lunch at 47 High Street. No events scheduled for July and August.

### **DIRECTORY**

<b>Busytots Baby and Toddler Group</b>				
Gemma O'Shea busytots1@hotmail.co.uk				
Coffee Mornings				
Margaret Steane 01223 860128				
Friends of Worts Meadow				
Robert Humphrey 01223 863454				
Landbeach Baptist Church				
Neil Roberts				
Landbeach Bell Ringers				
Barbara Le Gallez 01223 860283				
Landbeach Helpline				
Maria Sylvester 01954 252400				
Knit and Natter				
Marion Lant				
Landbeach Parish Church				
Rev Paul Butler 01223 860353				
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### **HEALTH MATTERS**

### DEALING WITH BITES AND STINGS

Spring is in the air! And so are insects and some can let their presence be known in an irritating way. Here's what to do if you are stung.

A small lump can develop, and this can be itchy. A small hole, or the sting itself, may also be visible. The lump may have an inflamed (red and swollen) area around it that may be filled with fluid. This is called a weal. Insect bites and stings usually clear up within several hours. If a bite becomes infected, symptoms may include: pus or swelling or redness or pain in or around the bite, and swollen glands. Contact your GP or call NHS 111 if you're concerned about your symptoms.

Removing a sting

If you've been stung by a bee, remove the sting and venom sac if it's been left in your skin by scraping it out, either with your fingernails or something with a hard edge, such as a bank card. When removing the sting, be careful not to spread the venom further under the skin and don't puncture the venom sac.

Don't pinch the sting out with your fingers or a pair of

tweezers as this may spread the venom. If a child has been stung, an adult should remove the sting. Wasps and hornets don't usually leave the sting behind, so they could sting you again. Walk away calmly.

Basic treatment for minor bites and stings: wash the affected area with soap and water; place a flannel or cloth cooled with cold water over it to reduce swelling but don't scratch as it can become infected (keep children's fingernails short and clean). If painful or swollen, wrap an ice pack, eg a bag of frozen peas, in a towel and place it on the swelling; take a painkiller, such as paracetamol or ibuprofen (children under 16 years shouldn't be given aspirin); use a spray or cream that contains local anaesthetic, antihistamine or mild hydrocortisone (1%) on the affected area or take an antihistamine tablet (available from pharmacies). *Please visit the NHS website below for further advice* 

Please visit the NHS website below for further advic on how to stay well this summer: www.nhs.uk/LiveWell/Summerhealth Dr T Blumenfeld, Cottenham Surgery

FREE INFORMATION EVENING organised by the Telegraph Street and Firs House Patient Participation Group. The subject will be "Save your skin" and experts in attendance will be Vicky McMorran, skin cancer specialist, and local GP Dr Simon Poole. Topics under discussion will be sun safety, self examination, developments in treatment, and a Q and A session. COTTENHAM COMMUNITY CENTRE, Thursday 12th May, 7.30pm (doors open 7pm)

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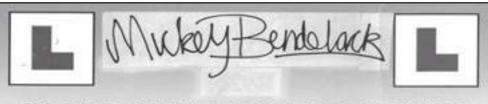




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### THE FEN EDGE NEWS

Free magazine of the Fen Edge Community Association, a charity, published three times a year. It aims to contain information of interest to people living in all five villages in the Fen Edge and the editorial content relates to a large extent to the activities of groups and organisations which are members of FECA. Each issue features the courses run by Adult Learning and Leisure, based at Cottenham Village College.

FEN issues can be viewed online at www. fenedge.co.uk and the website also carries information about FECA and how to join.

Contributions, including letters and points of view, are welcomed. Please send them to Wendy Dear, FEN Editor, Community Office, CVC, Cottenham, Cambs CB24 8UA. Or email: wendy.dear@blueyonder.co.uk

NEXT ISSUE DEADLINE 15th June 2016

### **ADVERTISING IN THE FEN**

The magazine is distributed to 6750 homes in the Fen Edge Patch which covers the villages of Cottenham, Rampton, Willingham, Landbeach and Waterbeach. There are three issues a year: New Year, Spring/Summer and Autumn, and content, including ads, can be viewed on the FECA website www.fenedge.co.uk.

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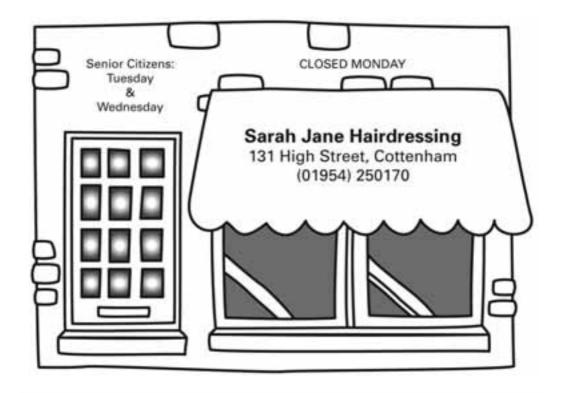












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### In Your Garden: Bugs and Beasties

### Ken Ellis from Cottenham Gardeners' Club sorts out the goodies and baddies

Many years ago, I used a nature programme as part of my teaching. In the spring term, it urged me to go out on the first warm day with the children to watch bugs and beasties begin to wake up and become active. Writing this now, in mid February, I can't wait for that first warm day. Nowadays, I get a lot of joy from observing the creatures that fly around my garden and, as many of you do, actively encourage beneficial insects to come and stay. But there are many that are not quite so welcome. And as both appear in the same landscape, the trick is to recognise which is which.

### Here are a few good guys:

- Ladybirds. There are at least 22 types, but the ones you're likely to find have red backs and black spots, or yellow backs with black spots. They eat aphids with a passion so only use ladybird-friendly sprays. If aphids are a problem and you don't want to spray, use a water jet, or washing up liquid. Ladybirds will only end up somewhere else, bemused and wet, or, presumably, clean.
- Lacewings. Mysterious insects, but they eat the bad guys. Encourage them by making a lacewing-friendly home with straw and small lengths of garden cane in a bundle. They'll nest there and produce more soldiers for your patch.
- Wasps. Surprisingly they are not just known for their inherent ability to locate cake in the garden! They are carnivorous for most of their life cycle, and will pounce on flies and other nasties, carrying them off to feed grubs in the nest.
- Dragonflies and damselflies. See wasps, but without the sting. They don't bite and are enchanting to watch. Know the difference? Dragonflies always have their wings outstretched.

### These are the baddies:

- **Aphids of any kind**. Encourage the insects that feed on them.
- Vine weevil grubs. Watch out for pots, inside and out, with plants that suddenly collapse. You can protect your plants with a specific drench, or with a biological control based on tiny worms that eat the grubs.
- Lily beetles. Bright red, they can be spotted in evenings, collected and disposed of.
- **Earwigs.** Annoying things that enjoy eating your prize blooms. Provide a home on a stick with some straw in it. They'll hide up in there for the day. Remove the nest while they are asleep and dispose of them.

On that warm day, the more positive thing would be to encourage a range of wildlife to your garden by providing a variety of habitats. If you've room, the smallest pond in a semi shady place will provide a home for larvae that spend their time at the bottom of the pond before turning into their adult form in the world above. Many insects depend on nectar which is best found in 'single' flowers, where the insects can gain better access. Don't be too tidy when you clear up, and leave small piles of leaves in corners for bugs to hide in. Different creatures are happy at different levels, so you could build a bug hotel, with layers of different materials to attract different species. And don't leave bug exploration to the younger fraternity. If you've a pond, do some pond dipping. Spend some time bug hunting and you may experience the simple pleasure of watching a hairy caterpillar of uncertain type wriggle its way on a journey somewhere.

**PS.** There are many sprays and pesticides available. Always read the instructions and follow them. Look for ones that are insect and animal friendly. This is especially important with slug pellets that may find their way into hedgehogs.

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### **Cottenham Community Centre Day by Day**

All activities in main hall unless marked 'studio' or 'coffee shop'

### MONDAY

Mucky pups 10-11am hello@muckypupscambridge. co.uk; Zumba 7-8pm. Contact Jo Kinser (jo@jjkdancin. com); BarreConcept 7-8pm and 8-9pm (studio) contact cuadrado140@hotmail.com; Community Navigators 2-3pm in the Coffee shop every other Monday – www. care-network.org.uk

### **TUESDAY**

Yoga 10-11.30am (denise@sibleymooreyoga.co.uk); Pilates Entry (for beginners) 10.15 -11.15am (studio); Pilates Plus (intermediate) 11.30 -12.30; Teen Pilates 3.20 - 4.05: all Pilates classes are pay as you go, Miranda de Vries (miranda@mi-time.eu); BarreConcept 7-8 (studio) contact cuadrado140@hotmail.com; NEW Fitsteps for adults 8.15 - 9.15 julia@jcfit.co.uk

### **WEDNESDAY**

Little Humbugs (singing and music for babies and toddlers) 10.30-11.30am, £2.50 (littlehumbugs@gmail.com); NEW Fitsteps for over 50s Forever Active 3.00 - 4.00 julia@jcfit.co.uk or http://www.forever-active.org.uk); BarreConcept 7-8 and 8-9pm (Studio) contact cuadrado140@hotmail.com;

Whirl and Twirl 7-10 matthew.baldry@googlemail.com; CCC Knitting group in coffee shop from 10 am – just come along and enjoy helping others. NEW Photography Ist Wed of month at 7pm in coffee shop Photoclub@virginmedia.com

### **THURSDAY**

Ready Steady Play (Early Years) 10-11am (MLam@

histon.cambs.sch.uk); Adult ballet (term time in studio) 10-11am reserve a place (jdrinkwater@cvcweb.net); Pilates for men (studio) 6.30-7.30pm; Mixed Ability Pilates Explore 7.30-8.30pm. All Pilates/Stretchercise queries to miranda@mi-time.eu; Cambs Hearing Help 2-4pm every 2nd Thursday of month www. cambridgeshirehearinghelp.org.uk

### **FRIDAY**

Yoga (studio) short terms only 10.00-11.30am, wiltrud. jackson@yahoo.co.uk; Mixed Ability Pilates Explore 10-11am; FlexAware (studio) 11.35am-12.35pm; Pilates Entry (for beginners) (studio) 12.35-1.35pm; Stretchercise (studio) 5-6pm. All Pilates/Stretchercise queries to miranda@mi-time.eu;

### **SATURDAY**

Spanistastic (for 4-7 years)10.45-11.30 (studio), clared2606@hotmail.co.uk

### SATURDAY AND SUNDAY

For Colour Awareness workshops, Defibrillator and First Aid training, bookings miranda@mi-time.eu; Dads Play 10.30-11.30 (2nd Saturday of month);

Arts Night in coffee shop, 7.30-9.30pm (2nd and 4th Sundays); The Roost (in coffee shop and main hall 3rd Sunday) 3.00-4.30pm; Community Cinema 1st Sunday of month 7.30pm and sometimes, for families, 2.30pm. Information website: www.revcoffee.net or https://www.facebook.com/CottenhamCommunityCinema or email simon oliver@cantab.net

### WHY NOT IOIN US?

Become part of the team at the coffee shop, meet people and improve your skills. Weekly or less regular volunteers welcomed. Become a member of CCC and help ensure that this popular community centre continues to be a major focus of Fen Edge life. Come in and enjoy a fantastic scone, cake or lunch – we are celebrating our first very successful 5 years! Opening times: 10am-4.30 Monday; 10am-2pm Tuesday; 9am-2pm Wednesday; 10am-2pm Thursday, Friday and Saturday (except bank holidays, Christmas and late August). Coffee shop closes for Easter on Thurs 24 March and re-opens on Wed 30 March. For info about volunteering or hiring rooms contact manager@cottenhamcc.org or phone 01954 202109 (opening hours). www.cottenhamcc.org Charity Number 1128604



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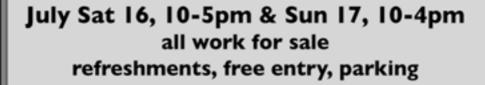












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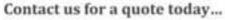
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### **WATERBEACH NEWS**

### **NEIGHBOURHOOD PLAN**

South Cambs District Council cited the positive contributions from the community as a significant factor in their decision to grant Waterbeach's application for the defined development area which includes the former barracks and the farmland beyond (despite opposition from developers). The NP, once approved by locals and agreed by referendum, will give the Parish Council a platform to express their views on the future development of Waterbeach and Chittering.

Focus groups are set to look at important aspects such as flooding and drainage, health and welfare, transport and infrastructure, education, rural nature and development, community and recreation, business and employment, housing/planning, conservation and heritage – all subjects of interest to the NP working group which will formulate the plan that is best for the future of the community.

The Parish Council has also decided to employ a consultant to advise on the proposed Barracks development.

### THE FEAST IS ON

This very popular event will take place on 11th June. For information about times etc or to get involved, please contact feast@waterbeach.org

### **ON COURT**

The Badminton Club has moved to new courts, four of them, at the sportshall/gym at the old Barracks on Mondays from 7.30pm. It's an adults club only at present but junior membership is being considered. Anyone interested in joining in please contact Norman on 01223 862404 or Janet on 01223 863028.

### **ON STAGE**

Waterbeach Community Players will present "An Audience with Murder", a multi-layered witty thriller full of unexpected twists, at Waterbeach school on 11-14th May at 7.30. Details: wcp. friends@theinternet.co.uk

### **WATERBEACH DIRECTORY**

Ist Waterbeach Brownies		
Tiffany Langton	01222 86	25/18
Tillally Laligion	01223 80	2540
Ist Waterbeach Guides		
Holli Bielby	07779 40	8588
Ist Waterbeach Rainbows		
June Stephen	01223 86	2260
Scout Group	01223 00	
	01222 44	0250
William Moon	01223 44	0239
Beach Bowls Club		
W. Clough	01223 86	1386
<b>Beaches Community Car Service</b>	e	
		5878
	0/60/6/	3070
Denson Close Social Club		
May Beckitt	01223 66	0475
Doctors Surgery – Waterbeach		
Doctors Surgery - Waterbeach		0387
		0387
Parish Paths Group	01223 86	
Parish Paths Group D. Armstrong	01223 86 01223 86	
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Waterbeach Brass
David Pell01223 860396
Waterbeach Community Association
Jacqui Rabbett01223 860993
Pam Clack (Secretary)01223 476601
Waterbeach Community Players
Julie Petrucci01223 880023
Waterbeach Community Playgroup
Jacqui Woods01223 440769
Waterbeach Day Centre for the Elderly
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Waterbeach Wives Group
Sheila Gill

### **MONEY MATTERS**

### **TACKLING FUEL POVERTY**

Phil Levermore, chief executive of Ebico, the UK's first not-for-profit energy provider, says that 2.3million UK households can't afford to keep their home adequately heated, a situation he called 'scandalous'. A fuel-poor home has income below the poverty line and high energy costs because of poor insulation – Britain's housing stock is the least energy-efficient in Europe, he wrote in The Guardian. Fuel poverty is often more acute in off-gas-grid rural areas where energy bills are on average 27% higher.

Ebico, based in Oxfordshire, supports local hands-on projects in fuel-poor neighbourhoods through the Ebico Trust, a registered charity, and provides plans tailored to the needs of financially vulnerable families. Contact: 0800 4587689 (general inquiries) or 0800 1975880 (for a quote).

### A WILL FOR THE FUTURE

A document which states your wishes is the only way you can be sure that what you own goes to the people you want it to after your death. It must be signed by two witnesses to be a legal document, then can be put away in a safe place until needed.

If you don't think making a will is necessary, consider these facts relating to financial aspects. Unmarried couples, of the same or different sexes, don't have automatic legal rights as married couples. If one dies without a will, his or her estate will be divided according to Intestacy Rules and it will go to his or her children, parents, siblings, even other relatives. If you and your partner have a property and mortgage together and you haven't made a will, your partner will be responsible for the mortgage but your share of the house or flat may go to your nearest relatives. If you have children, what you leave will be divided between them and nothing will go to your partner. If your children are under 18 and you have parental responsibility but haven't made a will and appointed a guardian, the decision about who will raise them will be made by others. If you are married but separated and not divorced, your husband, wife or civil partner will inherit your estate.

### THE BOBBY SCHEME

A local charity which will improve home security for older people who fear they may be victims of a crime. It works with the police, local authority and other charities and will fit door chains, window alarms and other security devices. Anyone who is 65 or older or disabled, can ask for a visit for a minimum donation of £25 (the actual cost for the scheme to work at someone's home is £125, so donations are always welcome). Anyone who has been a victim of burglary and is over 60 can receive a free visit. Find out more from www. thebobbyscheme.org or call 01480 413311.

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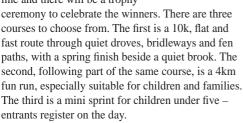
### **WILLINGHAM NEWS**

### **ROAD CLOSURE**

The Wings for Life World Run (see p11) will be coming through Willingham on 8th May and there will be rolling road closures between Earith and Over from 4.30 to 5.45. Check the village noticeboard for a map showing the planned route.

### THE GALLOP'S BACK!

Return of the Fen Gallop, Sunday 3rd July at the recreation ground. All participants will receive a goody bag and medal at the finish line and there will be a trophy



There will be a barbecue (with a vegetarian option),

real ale bar, children's drinks, teas and ice cream. Amusements will be provided to keep kids occupied. To register for the first or second routes go to www. willingham.cambs.sch.uk or www.active.com – there is a link to the Fen Gallop Facebook page. Willingham primary school is very grateful to Tylers Estate Agents and Thomson Webb and Corfield for their generous sponsorship.

### LIBRARY UNDER SCRUTINY

A review of Cambridge library services is underway to develop a strategy for the future in light of the County Council's need to make financial savings. Emphasis is sure to fall on local communities and more input from volunteers. The Council had planned to save £41m but the Government forced it to find an extra £5m-£11m. Since 2012 the library service has saved £2.5m and now is being asked to save another £0.5m – and this has major implications for Willingham. The Library AGM will be held on 19th May at 7.45. Please come along and join in the discussion about this vital community resource.

### **WILLINGHAM DIRECTORY**

Urgent Care Cambridgeshire 0330 123 9131				
Primary School				
Mrs V Francis				
Beavers, Cubs and Scouts				
Mrs M Dellar01954 260045				
Honeypot Pre-School (term-time only)				
Mrs Kate Van Dort01954 201567				
Tigger Toddlers				
Jenny Rayner01954 270122				
<b>Koala Kids</b>				
Willingham Guides and Senior Section				
Lynn McGoff01954 261296				
Bubbles/Messy Church				
Rev L Liversidge01954 263187				
Heather Mellows01954 270063				
TOPS (Baptist Church Toddlers Group)				
Hilary Wyllie				
Kids' Friday Club (Baptist Church)				
Loriane Bald				
Allotments				
Sue Ayling01954 260718				
Willingham Action Group (WAG)				
Mike Tidball01954 260647				
Willingham Combined Charities				
Mrs Gail Cook				
Workers' Educational Association				
Rosemary Mumford01954 260934				

Willingham Walkers	
Mike Tidball	01954 260647
Willingham Youth Club	
Linda Liversidge	01954 263187
enquiries@willingham yout	htrust.org
Women's Institute	
Jacky Sparks	01954 261831
Women's Royal British Leg	
Mrs M Few	01954 260124
Cycling Club www.v	villinghamwheels.com
Tennis Club	
John Graham	01954 231968
Willingham Sports Pavilior	
Parish Council	01954 261027
Willingham Wolves (Boys	& Girls Football)
<u>willi</u>	inghamwolvesfc.co.uk
Baptist Church	
Rev. Paul Joel	
Methodists (Ministerial Co	ntact)
Rev Hilary Cheng	01223 700778
Roman Catholic Priest	
Fr Karol Porczak	01480 462192
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