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Community Association

Autumn 2016

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FEN EDGE COMMUNITY ASSOCIATION

THE FUTURE STARTS HERE

As the new Chair of the Fen Edge Community Association, I am really looking forward to working with the Committee in taking the Association forward. I live in Cottenham with my wife, Alice, and three children. We first moved into the village in 1999 – I was involved in the first two Family Festivals but then lived overseas for eight years – and are delighted to be back. Bob Turner has taken over as Treasurer so there are two new kids on the block (well, hardly kids, but we are very committed!). The immediate priority is the continuation of the Fen Edge Family Festival (FEFF) in 2017 – the date is set (23rd to 25th June) and we're now on the starting blocks. I can testify that the sense of satisfaction of contributing to a "job well done" will more than repay the commitment. Please do get in touch if you are willing to be part of our team.

But FECA is not only about the FEFF by any means. The Fen Edge villages are a large community and there is a lot of scope for an active community association to enhance the lives of all who live in them. We will turn our attention to the core of our charity: promoting and supporting local groups. Make yours a member of FECA (see below) and then come to us with a plan. A willingness to get involved and our assistance –

including financial – could make it happen.

It was gratifying that this year's AGM was well attended. There was a good energy in the room and that is something we hope to build on (see report p7). There was a real enthusiasm about the successes of the Twinning Association, the Theatre Workshop, the Christmas lunch for older residents – behind each of these activities is a dedicated group of people who give their time and receive grants from FECA. FECA has trustees and a committee and if you are willing to help us reach an even broader range of the community please drop me an email to chairfenedge@gmail.com or call me on 07919 990299. Come on, get involved!

Neil Gough

I would like to thank Eileen for her leadership as Chair and also to Mick Saul as Treasurer, and Caroline Dethridge and Rebecca Cole for their contributions as Committee members.



Eileen Wilson presents £1000 to David Aston, director of the choir at Cottenham Primary School. The PTCA, a member of FECA, applied for a grant towards their new piano, already loved by enthusiastic young pianists.

FECA is the Community Association for all Clubs, Groups and Societies in the Fen Edge villages: Cottenham, Rampton, Willingham, Landbeach and Waterbeach

JOIN for just £15 or £20 a year

- * FREE coverage of your group's activities in the Fen Edge News (3 issues a year – New Year, Spring/Summer and Autumn)
- * FREE use of the FECA website (www.fenedge.co.uk) to promote your group
- * GRANTS to fund projects.

CONTACT

chairfenedge@gmail.com
Charity No: 293020

FEN EDGE EVENTS DIARY

What's on and when

JULY

12th 11am official opening of QE11 playground, Willingham

16th Guided walk along Cottenham's Historic High Street, Cottenham Village Society (01954 251544)

16-17th Ramparts exhibition, Rampton village hall, 10-5pm Sat, 10-4pm Sun

17th It's a Knockout, family day, Willingham

18th Family history session, Cottenham Library, 7-9pm (see p9)

22nd CVC Summer holidays start

23rd Party in the park, Landbeach, with Waterbeach Brass

25th-29th CVC Summer School

AUGUST

1-5th Mad Science for primary school children Cottenham Community Centre 9.30 to 3.30pm supersonic.madscience@gmail.com

6th TyrannoChorus in concert, West Road, Cambridge, 1pm (see p9)

7th Dog show, Waterbeach recreation ground

15th Family history session, Cottenham Library, 7-9pm (see p9)

SEPTEMBER

1st CVC Autumn term begins

2-5th Hemsals Community Farm open days. Meadow Road, Willingham

3rd Pond dipping, Friends of Worts Meadow, Landbeach, 2.30. Children must be accompanied. Wear wellies (nets are provided)

9th Cottenham Village Society AGM (see p9)

9th Cambridgeshire Bird Club talk, CVC (see p9)

11th Cinema, CCC

12th Start of Short Mat Bowls Season (see p19)

17th Family Learning Festival (see p26)

18th Sunday afternoon cream tea, CCC, 2.30 to 4.30

21st The Landbeach Tithe Barn project, talk by Ray Gambell, Landbeach village hall, 7.30pm

22nd Fen Edge Archaeology Group talk, Willingham Baptist Church, 7.30pm

23rd Murder Mystery Evening, Cottenham All Saints Church

24th Cambridgeshire Bird Club day conference CVC (see p9)

26th Family history session, Cottenham Library, 7-9pm (see p9)

30th Encouraging bird life in our farms and

gardens, talk by Ian Dillon, RSPB farm manager, Knapwell, at Cottenham Gardeners' Club (see p9)

OCTOBER

1st Annual Ploughing Match, 9am, Mitchell Hill Farm, Long Drove (see p19)

7-9th Willingham Feast (see p61)

14th Cambridgeshire Bird Club talk CVC (see p9)

14th Cottenham Village Society talk: Harpsichord music, by Gerald Gifford from the Fitzwilliam Museum (see p9)

16th Cottenham Feast, 2.30, High Street

19th Britain's hidden marine life, talk by Frances Dipper, Landbeach village hall, 7.30pm

26th Busytots Mini Halloween Party for babies and toddlers (see p41)

28th Changing the world through plants, talk by Robert Brett, RHS horticulturist, at Cottenham Gardeners' Club

30th Halloween entertainment with Mr Marvel, CCC, 2-3pm

NOVEMBER

6th Cinema, CCC

11th Armistice Day

12th Autumn quiz, All Saints hall Cottenham, 7.30pm

13th Remembrance Sunday

16th The History of Chivers, talk by David Oates, Landbeach village hall, 7.30pm

21st Family history session, Cottenham Library, 7-9pm (see p9)

24th Fen Edge Archaeology Group talk, CVC, 7.30pm

25th In celebration of trees, talk by Barry Kaufman-Wright, wildlife consultant, a Cottenham Gardeners' Club

26th Christmas bazaar, CCC, 10am to 2pm

From 29th (to 3rd Dec) The Wizard of Oz, CVC, evenings 7.30, 2 matinees Saturday (to book, see www.cottenhamtheatre.com)

DECEMBER

3rd Brooks Williams in concert, Rampton (see p51)

4th Cinema, CCC

10th Ely Consort concert, Cottenham All Saints Church

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REPORT FROM THE FECA AGM

Eileen Wilson, retiring Chair: Events like the FEFf provide the infrastructure that enables local groups to raise their own funds and get themselves known to everyone in the Fen Edge. It also brings in funds to FECA for grants. FECA made a number of awards in the past year. One to Cottenham Village College, to help with set up costs for the new SHINE programme, will have knock on benefits for the community through the community work undertaken by the students. Cottenham Theatre Workshop and the Village College now have new stage curtains in the hall. Smaller grants went to the Fen Edge Twinning Association for the French visit in May, the Care Network who organised a Christmas lunch for older people at CVC and a Singing to Remember group for people with dementia at Landbeach Baptist church, Busy tots in Landbeach for a young children's event. Proceeds from last year's and this year's Cottenham Fun Run went to the Primary School: for the year 5 Ukulele Project and to stock the new library with books.

FECA are in an ongoing discussion with Cottenham Village College about the costs of room hire. It is hoped the outcome will benefit FECA members.

FECA has found a home for the printer purchased with a grant from the Community Chest back in 2012 for community use. Once procedures and costs for printing are agreed, this will be a money-saving facility available to FECA members.

The AGM was the last meeting for Mick Saul who has done many years as Treasurer, both of FECA and the FEFf. Robert Turner was elected as the new Treasurer. Caroline Dethridge and Rebecca Cole stood down from the committee and both were thanked for their contributions to the FEFf and Fun Run.

THE COMMITTEE: Eileen will stay on the committee, focusing on building up membership. Other members are Graham Mumby, Wendy Dear, Janet Drinkwater and Rebecca Walsh.

TRUSTEES: Neil Gough, Mike Smith, Geoff Redhead, Bruce Robjent, Paul Knighton, Robert Turner, Steve Ellison, Eileen Wilson, Rosalie Dunnico

BRUCE ROBJENT reported on the Twinning Association. 55 people from Avrillé in the Loire valley arrived on Thursday 5th May. All went to London on Friday, joined in the Fun Run on Saturday followed by a picnic at Landbeach. Ceilidh and supper at CVC Saturday evening with 125 people and a caller attempting to call in French. Resounding success. 2018

sees Avrillé celebrate the 20th anniversary of twinning with Cottenham, 30 years with its Spanish partner and 40 years with its German partner, with all four communities gathering in the Loire valley for the event. After the referendum result, this close relationship forged through the EU may not be the same then.

THE FOOTPATH GROUP has had an active year with a recent trip to Youlgrave in the Peak district: 12 miles on the Saturday and 8 miles on the Sunday. It has organised a Summer School of Walking, and on Boxing Day it held a Holly Walk attended by 50 people.

THE RAMPTON 77 COMMITTEE was set up in 1977, the year of the Queen's Silver Jubilee. It won the South Cambs Community Award for Outstanding Local Service. Its events include a fun run, Tea on the Green, a June Summer Fair and a Seniors Christmas Dinner (in January). It has given £3,000 in grants in 5 years.

COTTENHAM THEATRE WORKSHOP has organised two productions a year since 1977. Funds are ploughed back into room hire, stage curtains (they paid a third of the costs), sound system etc. New members constantly being sought. This year's pre-Christmas production is The Wizard of Oz, taking place at the end of November/early December, at CVC (see p8).

JANET DRINKWATER, Adult and Family Learning Manager at CVC, thanked FECA for grants for coffee mornings with the Care Network, and a Christmas Lunch which led to regular Fitness for Mature Movers classes each term. There are now 18 members in the Cottenham group and 8 in the Waterbeach group, with Rampton and Willingham next in line. The sessions are subsidized and involve 1 hour of exercise and a cup of tea.

On the Adult Learning side, 55% of attendees come from outside the FEN villages. With Impington and Swavesey joining CVC in a combined advertising brochure, the courses now reach 24,000 households rather than 6,700. CVC gets around 1,000 learners a year, some are returners, but the institution is thriving and always looking for new ideas.

County funding will continue through 2016/17 but there is no commitment after that. Money is channelled from the government through the Skills Funding Agency down to county level. If that funding is removed, it will make a big difference, especially as pricing is already a huge balancing act.



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FECA IN COTTENHAM

TYRANNOCHORUS in concert

Classic FM's John Suchet will be presenting the concert at West Road, Cambridge, on 6th August at 1pm. On stage will be three Cottenham choirs – TongueTwisters, Vox Pop, BigMouth (collectively known as TyrannoChorus) – as well as Junior Prime Brass under conductor Chris Lawrence*, Humming and Notes and the Saffron Walden Community Choir. An astoundingly eclectic afternoon of pop, rock, funk, folk and a touch of classical!

Tickets are from www.adcticketing.com – just £6/£4.

* Now that the Village College is no longer open on a Sunday, Junior Prime Brass has moved its rehearsals to All Saints Church.

With the help of a grant from FECA, the Cottenham choirs were among 400 voices performing Carl Orff's Carmina Burana at the Royal Albert Hall on 10th July. TyrannoChorus director Siobhan Lihoreau was delighted that the youngest singers, TongueTwisters, were chosen to be part of the children's choir along with older children from Harston and Newton School (who they often sing with) and a boys' choir from Bromley in Kent.

"Children (and adults!) were very excited. Can you imagine being 8yrs old and singing a major part at the RAH! So fantastic. As well as having your name on the posters and in the programme – what memories they will have!" said Siobhan.

MAKE A DATE AT THE LIBRARY

With cuts happening everywhere, we are lucky to have our library on Margett Street. It's there for all to use if you are seeking information about almost anything! For instance if you have queries about care and support, the helpful librarians can point you in the right direction. They keep details of local activities and useful advisory groups like the Citizens Advice Bureau which can offer help and support, and the Care Network which aims to help people stay healthy, happy and independent for longer.

This year's summer holiday challenge for primary school children is The Big Friendly Read inspired by the ever-popular Roald Dahl (2016 is the centenary of his birth) and a range of activities will be available. There's something for older children, and for the pre-schoolers as well. In term time, the youngest ones have Rhyme Time sessions on Tuesday afternoons.

For adults involved in tracing their family history, questions and answers and brick walls can be tackled at the drop-in sessions, which are normally held on the third Monday of the month from 7-9pm. Dates: 18th July, 15 August, 26 September and 21 November.

COUNTY-WIDE BIRD CLUB

This group promotes the study, recording and conservation of birds in Cambridgeshire and encourages a wider interest in natural history and the protection of wildlife habitats. There are speaker meetings from September to May, field trips in the summer and occasionally at other times, as well as a biannual conference.

Spring and autumn speaker meetings and the conference are held at Cottenham Village College. In winter the group meets at St John's Church Hall, Hills Road, Cambridge. Non members always welcome.

Dates at CVC: 9th September, 8pm (Climate change and local wildlife, by Brian Eversham); 24th September Day conference – rare breeding birds in East Anglia; 14th October 8pm (Twenty places to go birding before you die, by Keith Betton). More information: see

www.cambridgebirdclub.org.uk

Do you have flycatchers in your garden? The club is monitoring sightings. Find out more from spoft@cambridgebirdclub.org.uk

CATCHING UP ON HISTORY

The Village Society aims to encourage awareness and participation in the history of the village and involvement in the community. Meetings are usually on the 2nd Friday of the month, at 19.45pm at Cottenham Parish Church hall. Special guest on 14th October will be concert organist and harpsichord specialist Gerald Gifford, returning to his home village for an entertaining musical evening. Gerald has taught at the Royal College of Music and is Honorary Keeper of Music at the Fitzwilliam Museum, Cambridge.

For other meetings see www.cottenhamvillagesociety.ukfamilies.com and www.cottenham.ccan.co.uk

FUN RUN RESULTS

Organised by Martyn Leeks, with sponsorship by Malary Waste Solutions and FECA.

Main race (7K, 111 entries): Chris Miller 1, Finn Johnson 2, Gavin Andrew 3. French twinning visitor Noel Tessier was 6th; the fastest primary boy Isaac Morris was 7th; the fastest College boy Callum Molloy was 9th.

Category results: adult female Kate Millward 1, Sarah Starr 2, Beth Bowstead 3. Secondary girl: Olive Codee 1, Emma Hutchison 2, Gemma Donnelly 3. Primary boy: Isaac Morris 1,

Fraser Morel 2, Sam Brown 3. Primary girl: Aiko McEwan 1, Amelie Hscker 2, Grace Cowley 3. Male vet: Noel Tessier 1, David Chaplin 2, Carl Morris 3.

Female vet: Jane Hasling 1, Gillian Carribine 2, Katherine Heydon 3.

Full results are on www.fenedge.co.uk

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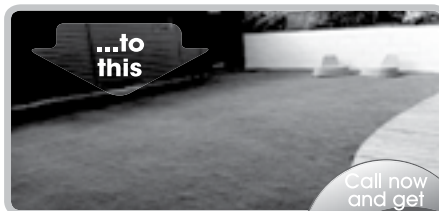
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Cottenham WI – looking good at 90

The Women's Institute began life in 1916, a time when little heed was taken of women's opinions or concerns and the idea proved very popular in rural communities. Ten years later in Cottenham, on Wednesday 8th December 1926, 50 women joined as founding members. An unbroken sequence of monthly meetings has been held ever since and today we still thrive with 56 current members. The speaker at our first meeting was Mrs. Pond from Girton WI who told of her experiences since their start in 1919. In 1947 we celebrated our 21st anniversary with a display of conjuring tricks, plus songs and stories by Cambridge Footlights Club. Last year we planted a tree in the village to commemorate the movement's centenary. The Queen held a garden party at Buckingham Palace in honour of the WI and two members went to this event. One member also was a delegate at the WI's AGM, in the Albert Hall, London.

The WI has a long tradition of inviting a guest speaker to monthly meetings to inform and entertain. Recently we have enjoyed talks on topics as diverse as 'Life in India – with cookery demonstration', 'History of Belly Dancing' and 'Dogs for the Disabled'. In earlier years many talks concerned practical household skills or medical matters.

These skills were put to good use in World War Two when the Ministry of Food co-opted the WI to organise making preserves. Could this be the origin of a popular jest that the WI is about 'Jam and Jerusalem'?

So 90 years on what does Cottenham WI offer you? Perhaps most importantly we provide an easy way to make new friends amongst those who live locally. We deepen these friendships through shared experiences and simple competitions to get everyone talking – such as 'best blooms' from our own gardens – and participation in village events. Watch out for our float at the Cottenham Feast on 16th October. It has a Shakespearean theme, to mark the 400th anniversary of his birth. In summary we are proud of our past and traditions but we adapt to the changing needs and interests of our members. For those who are so minded there is opportunity to work on our committee or even progress to Cambridgeshire or National roles. Please contact Jill Ballard on 01954 250605 or Jill Pheasant on 01954 253385 to arrange a visit to one of our meetings on the second Wednesday of the month at CVC – we promise you a wholehearted welcome.

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TODAY'S CHALLENGE – BE CANCER AWARE

Tony's story

Maria and Jim Brennan of Cottenham are backing the national campaign to raise awareness of cancer in memory of their son Tony who died last year, aged 36, of pancreatic cancer. He was the second of four sons, did weights, played football and was fit – his nickname was Bones!

"He was never overweight," says Maria, "but in May I could see he was losing weight. He had indigestion and backache and pains in his legs."

The diagnosis was made in July at Addenbrooke's where he had gone with chest pains. A CT scan revealed clots in both lungs, lesions in his liver as well as cancer in the pancreas. He died a month later.

The family still live with the suddenness and sadness of the tragedy but they have become active fundraisers for research into this aggressive disease whose outcomes have not improved in 40 years. Early diagnosis (nearly half of patients are diagnosed in A&E) is the Holy Grail. Pancreatic



Tony's brothers (L to R: Lee, James and Simon) took part in a bike ride from London to Paris and raised just under £20,000 in his name for Pancreatic Cancer UK which invests in research and runs the only UK Support Line (Freephone 0808 8010707)

Cancer UK campaigns for greater recognition of the disease and believes urgent action is needed so people and GPs are aware of the symptoms.

The following has been compiled by NHS England/Department of Health/Cancer Research UK: symptoms to talk to your GP about

Breast

The NHS breast awareness five point code says: 1. Know what is normal for you. 2. Look and feel. 3. Know what changes to look for. 4. Report any changes without delay. 5. Attend for breast screening if you are aged 50 or over. Ask to see a nurse if unsure about what to look for.

Bowel

Blood in poo and 'looser poo' – diarrhoea – that have persisted for 3 or more weeks.

Prostate

The symptoms of prostate problems include: having to rush to the toilet to pass urine; passing urine more often than usual, especially at night; difficulty passing urine, including straining to pass it or stopping and starting; a sense of not being able to completely empty the bladder.

Skin

A change to a mole isn't the only sign – go to your doctor if you see any unusual or persistent changes

in your skin. Places to check: your back, back of legs, under feet.

Bladder and Kidney

If you notice blood in your pee, even if it's 'just the once'.

Ovarian

Feeling bloated, most days, for 3 weeks or more could be a sign of ovarian cancer.

Oesophago-gastric

Having heartburn, most days, for 3 weeks or more could be a sign of cancer.

Pancreatic

Symptoms of cancer of the pancreas vary: watch for pain in the stomach area or back, jaundice (yellowing of the skin), and weight loss. Symptoms can be vague but see your doctor if you are at all worried.

If you have any questions, see your doctor or ask for a phone appointment to discuss concerns

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FEN EDGE PARISH COUNCILS

COTTENHAM PARISH COUNCIL

Chair Frank Morris in his report to the AGM said “It is 121 years since the Cottenham PC first met and it is good to see Cottenham residents – young and old – contributing in so many ways. This year’s outstanding contribution must be from Jigneth Amin (Jigs) who stepped in to keep a Post Office service in the village.” Activity on the Neighbourhood Plan paused while we concentrated on applications to South Cambs District Council: Endurance (outline to build up to 50 dwellings on Oakington Rd approved, with condition that affordable homes would be for Cottenham residents in perpetuity) and Gladman (outline to build 225 homes and 70 residential homes with care on Rampton Rd refused but another plan was submitted). More speculative applications for developments are in the pipeline.

By mid-July we should have completed “step #5” on our 8-steps to the NP and be on schedule with the dates we set in November when consultants were engaged to do the survey. That survey and its mini-consultations give us a solid base for what happens next.

The most specific challenge is to translate the possible options into the plan’s policies. Bear in mind that many issues we face cannot be solved by a Neighbourhood Plan alone. Villagers will have several weeks to comment on a “pre-submission consultation” on the draft planning policies. After this, we will illustrate and smarten up the plan before submitting it to SCDC. A series of formal steps leading to a referendum will follow.

Village Hall: We are working on the design of the proposed new 2-storey building, which saw its debut at the Annual Parish Meeting and Cottenham Festival.

Recreation ground car park: to add 38 parking spaces to the Rec on Lambs Lane the mound will be moved further onto the playing field and the football pitch repositioned nearer the trees. A new pedestrian path will go from near the Bowls Club to the new pavilion. Planning has to be obtained for these changes.

New open space: land gifted to Cottenham (by Warren Dunnico, Tony Fry, Raymond Baldry and Eric (Gordon) Nicol and called the WARG field) behind new houses on right side of Histon Rd as you leave the village has been fenced and in autumn wildflower seeds will be sown to make a meadow feel to encourage bees and butterflies. Dog walkers: the closest bin is across the road, almost directly opposite the entrance.

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

We are looking to improving the pond, extending our bulb planting programme and seeing if we can get Cottenham to share in the installation of solar light studs on the Cottenham-Rampton cycle path. We also obtained approval for our next set of traffic calming measures under the local highways initiative and hopefully they will be installed this autumn.

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

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; mariasylvester@hotmail.co.uk and www.landbeach.org.uk

WATERBEACH PARISH COUNCIL

A consultant has been engaged to guide us through the complicated process of a Neighbourhood Plan. It should not be confused with the Local Plan which is being progressed by the SCDC for the whole of South Cambridgeshire.

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; council@waterbeach.org.uk and www.waterbeach.org.uk

WILLINGHAM PARISH COUNCIL

Cllr R Croucher was elected chair at the AGM. Parish and District Cllr Ray Manning has stepped down from being Leader of SCDC after nine years. We have some availability in the Ploughman Hall for bookings during the day time (evenings are pretty full). There’s now an off peak booking rate for regular users whose bookings fall between 11.30am and 2.30pm. Details from the Clerk.

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; email@willinghampc.org.uk and www.willingham-pc.org.uk



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THIS SPORTING LIFE

COTTENHAM CRICKET CLUB

By the time you read this our season will be well underway. Our junior teams – u-11, u-12 & u-13 this summer term – will have completed their programme of fixtures and hopefully will have done well and, most importantly, enjoyed their games. Our senior sides, the 1st and 2nd XIs, will still be going strong as fixtures continue until the first Saturday in September. Why not come down to the Rec off Lambs Lane to have a look and a cuppa? And check out the website - www.cottenham.play-cricket.com. All support is most welcome and we are always on the lookout for new players to boost our playing strength. **Dave Partridge**

PLOUGHING MATCH

It will be all go at Mitchell Hill Farm on Long Drove on the morning of 1st October when what is calculated to be the 170th annual ploughing match takes place between 9am and 1.30pm. (The actual number isn't known as there were some breaks in the continuity since the event first took place two years after one of the Enclosure Acts.)

The Cottenham and District Ploughing Society is hoping for about 40 entries this year and one of the attractions could be a team of Suffolk Punches, impressively grand horses that usually only appear at big country shows. Two of them, from Cottenham, were scheduled to be featured in an episode of the very popular Countryfile on BBC1 (date not known), and two come from Willingham.

Celebrations continue in the evening when a supper dance takes place. Tickets from Robert Clark 01954 250443.

FANCY A GAME OF SHORT MAT BOWLS?

More to the point, do you know how it is played? It was first played in Wales by two South Africans who came to work in the area. Perhaps due to the poor climate and the long close season here, they simulated the outdoor game

they had played in their own country on a strip of carpet in a church hall. They later moved to Ireland where the game acquired rules and really caught on. It was brought to England by ex-pat Irishmen.

The game is played on a mat 40 to 45 feet long by 6 feet wide with standard size 'outdoor' bowls and the objective is to get your bowls closest to the jack by bowling the length of the mat around a large block of wood that occupies the mid position of the mat.

The good news is that you can play in Cottenham during the winter at the local bowling club. The season starts on Monday 12th September. There is a membership fee of £15, no rink fee, just 50p for tea and biscuits. Club bowls can be used to see if you like the game; secondhand bowls can be purchased cheaply either from the club or outside sources.

Cottenham Bowls Club is a very friendly club with members from here and surrounding villages. There will be an Open Night for new short mat members and those interested in finding out more at 6.30 pm on Thursday 15th September at the club house which is on the recreation ground off Lambs Lane. Visit the club website www.hugofox.com/community/cottenham-bowls-club-8286/ or to find out more about the short mat bowls nights phone Eric Hobbs on 01954 251956.

Dave Parrack

RASCALS NEED YOU

Volunteers are urgently needed to organise Renegade Rascals, the Junior section of Cottenham Renegades Rugby Team, which has about 40 children turning up for training on a Sunday morning at the Rec off Lambs Lane. The roles that need to be filled are: membership secretary, fixtures secretary, welfare officer and kit manager. And of course coaches, who are always needed! The club relies entirely on volunteers so if you can spare a few hours each week you'll make a huge difference to a lot of children. Please contact renrascalsally@gmail.com or call 07789 747646

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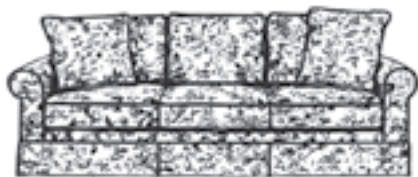
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WHY GARDENING IS A GREAT CURE-ALL

Did you read recently that gardening is good for your well-being, can alleviate the symptoms of depression and loneliness – and help people who suffer with dementia? Those of us who garden could have saved the researcher a lot of time and trouble, says Ken Ellis

We know that people like plants, and enjoy them. My wife and I are fortunate in having the contract to bedeck Ely, planning and planting displays for people to appreciate. We aren't alone in our efforts: there are others in Ely who help. The Friends of Jubilee Gardens regularly have working parties that are open to all who wish to get involved, and the Ely In Bloom team go out and strut their stuff in the very centre of the town.

Why do I mention this? Because groups like these are a great way to meet people if you're on your own, to be part of a common task before decanting to the pub. That's where the loneliness thing comes in. Joining a working party has no hidden agenda and you will have made a contribution to your community, the one where you enjoy living. Gardeners are by nature optimists, an essential element of well-being.

We are always planning and thinking what we might do to improve things. I well remember about five years ago when our allotments suffered a late frost on the 31st of May that took out everybody's potatoes. What did we learn? The following year, all our potatoes were covered in fleece until the second week of June!

When we were preparing for the first Ely Open Gardens day – at that exact same time this year – I could see several things that we could do with improving (or doing earlier!) next time round. You know how it is – not enough colour here,

plants in the wrong place there. How about you? Are there things you'd like to change in your garden?

We've learnt that talking about it in the summer and doing it in winter is the way forward. Faced with a load of dead sticks (which was the lupin and which was the annual foxglove?) you need a strategy.

Sit down one evening with a notepad, camera and somebody else.

You can both look at your garden, and talk about it. What would you alter? Make a note of it. Take a digital photograph. Buy some of those plastic labels with thread-through ends that you can put round a plant. Write the plant's name in 2B pencil (most permanent markers aren't in my experience). If you're reorganising a bed, venture out and look at a similar bed in somebody's garden (the National Gardens Scheme offers many places to view) or go to Bressingham or Cambridge Botanical Gardens. Take pictures of the plants you like, and photograph their labels if they have them. Make a note of where you intend to put them. Back to the optimism thing: you can almost see your bed looking so much better in the future.

Which brings us back to well-being. My experience of depression, and to a certain extent dementia, is that people need to feel that they have a sense of direction in life, and that they have a part to play in their community. What could be better than looking at something with someone, and planning a way of improving or developing it together. There is little that can compare with the thrill of seeing what you have created come to life in front of your eyes.

And don't worry if all is not as you thought it would be – there's always next year!

COTTENHAM GARDENERS' CLUB

Meetings are usually held on the last Friday of the month (except July and August) at Franklin Gardens Community Room. Refreshments are served from 7.30 followed by a talk at 7.45pm. Afterwards there is a raffle for which prizes are always gratefully received.

There's a new year party in January; a lunchtime summer party in June and a social evening in August, all held at members' gardens. Each summer the Club arranges a visit to a Cambridge University college garden. Affiliation to the RHS enables group entry to RHS properties and members can borrow the monthly RHS magazine **The Garden**. Close links are maintained with Willingham and Oakington clubs, so members can join their coach trips.

Annual membership if £14, payable in February at the AGM (or £7 from October). Guests pay £2 for a regular meeting or £4 for club parties. Further information from Aubrey Bould 01954 250119.

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BELL RINGING – AN HISTORICAL SKILL THAT’S RELEVANT TODAY

**Did you hear the bells being rung in the villages for the Queen’s 90th birthday?
Then you might like to know more about campanology, writes Barbara le Gallez**

Who can learn to ring?

Almost anyone. You don’t need to be strong or to have a musical background. Ringing is a good hobby for active retired people to take up.

Do you go up in the air?

No, not like the Mars Bar monks. The rope goes up in the air – you hold on to its end.

Do you have to go to church to be a bell ringer?

No, ringing is not necessarily a “churchy” activity.

Is it hard work?

No, the clever way bells are rigged up means that the weight of the bell does most of the work for you.

Do ringers have to climb stairs to get to the bells?

At some churches the ringing room is up a few stairs – others are on the ground floor.

Are there special “tunes” written ...?

The “tunes” we ring are called “methods”. They involve the bells changing order in a rhythmical way. Popular methods are Grandsire, St Clements and Cambridge.

... Or do you create them yourselves?

People are always creating and naming new methods – recent new names were Octopod and Linky McLinkface.

What was rung for the Queen’s birthday?

Lots of different pieces – each band rang what it could ring best.

Where can I learn to ring?

If bells are rung at your local church, go along. Or use the form at <http://ely.elyda.org.uk/home-1/contact-us>

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 Adult Learning at Cottenham Village College

Enrolment Form – See Page 40



FREE TASTERS & Meet the Tutor

Monday 12th September

Brain Pop Español! 7-8pm
(Spanish, not complete Beginners)

Silver Jewellery 7-8pm

Tuesday 13th September

Revive Your French 7-8pm

T'ai Chi 7-8pm

Wednesday 14th September

Carpentry 7-8pm

FIRST CLASS FREE FOR THE FOLLOWING CLASSES

**Fitness For Mature Movers Willingham, Waterbeach & Cottenham,
Pilates Classes Cottenham & Willingham, Just Jive, Salsa for Beginners**

FAMILY LEARNING FESTIVAL

SATURDAY 17th September 10am-3pm



Cottenham Village College
ALL ACTIVITIES ARE FREE



CALLING ALL FAMILIES ... come along to a fun filled Family Learning Day on Saturday 17th September at Cottenham Village College. The fun starts at 10am with a variety of activities for parents/carers and children to learn together. Research has shown that this is a great way for children to learn, so come along with the family and try something different ...

Cooking Together	10am-12noon OR 1pm-3pm (booking necessary)
Screen Printing	10am-12noon
Kite Making	1pm-3pm
Henna Hand Painting	10am-12noon
Indian Dance & Costume	1pm-3pm
Excel Workshop Taster	11am-12noon
Word Workshop Taster	12-1pm



The National Careers Service will also be here to give information, advice and guidance to adults who might be interested. Contact the Adult Learning to book the Cooking Together sessions and for more information on: 01954 288751

COURSES AT A GLANCE

Arts & Craft

Carpentry Design & Make	Wednesday
Ceramics	Monday & Weds
Dressmaking	Monday
Exploring Drawing NEW	Tuesday
Felting Studio	Wednesday
Introduction to Cake Decorating NEW	Wednesday
Learn to Love your Overlocker	Wednesday
Learn to Love your Sewing Machine	Monday
Silver Jewellery Making NEW	Monday
Upholstery	Thursday & Friday
Watercolour Painting Beginners NEW	Monday
Watercolour Painting Improvers	Monday

Languages

French Conversation	Thursday
Just Talk French (Improvers)	Wednesday
Revive Your French	Tuesday
Spanish (not total beginners)	Monday

Saturday Classes

See Saturday Listing

Fitness & Health

Fitness for Mature Movers (Cottenham)	Wednesday
Fitness for Mature Movers (Waterbeach)	Monday
Fitness for Mature Movers (Willingham) NEW	Tuesday
Pilates (Willingham) NEW	Monday
Pilates NEW	Monday & Weds
T'ai Chi	Tuesday
Yoga	Monday & Tuesday

Dance & Music

Acoustic Guitar for Beginners	Monday
Ballroom Dancing	Monday
Salsa Dancing for Beginners	Wednesday
Just Jive NEW	Friday

General

Art History	Monday
Excel Workshop NEW	Monday
Indian Cooking Made Simple NEW	Tuesday
Web Design NEW	Monday
Nail Art	Wednesday
Maths – back to Basics NEW & FREE	Wednesday

ADULT CLASSES AT COTTENHAM VILLAGE COLLEGE

The prices quoted are for Adults at full fee and

Concession rate for those on a means tested Benefit or Pension Credit

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

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(please note that for credit card payments there is charge of £2.50)

DATES FOR AUTUMN 2016

Monday 19th September

Monday 24th – Friday 28th October

Most classes start

Half-Term Break – no classes

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 Beginners NEW – 8 weeks
7.00-8.30pm Fee: £60 (£45 concess) starts 26th
September

An introduction to learning to play the guitar and provide you with basic theory and technical knowledge to continue independently after the

course. Throughout the course students will learn basic chords in first position, strumming and how to read Tab guitar music, later applying this to popular songs. So bring your guitar along to start playing! Ideal for complete beginners.

Art History: Modernism: Abstract Expressionism to Sensationalism 1945-2010 - 8 weeks 7.15-9.15pm Fee: £78 (£60 concess) starts 19th September

This course is aimed at anyone who would like to know more about European painting between 1945–2010. It will be an introduction to selected art movements during this period starting with the influences upon the Abstract Expressionist Movement, how it affected European countries, focusing essentially upon painting, sculpture and installations. We will look at the main movements evolving during this period such as Minimalism, concluding with the controversial works of the Sensationalists. Artists and their work will be studied each week so that students can gain an insight into how the periods linked together, and why they were seen to be so important during this fast developing era.

Ballroom Dancing Beginners – 10 weeks 6.15-7.15pm Fee: £55 (£42 concess) starts 19th September

A class for total beginners who want to dance Ballroom. Join a friendly dance class with a very experienced tutor who will guide you through a series of steps and dances.

Ballroom Dancing Intermediate - 10 weeks 7.15-8.15pm Fee: £55 (£42 concess) starts 19th September

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

Ballroom Dancing Advanced - 10 weeks 8.15-9.15pm Fee: £55 (£42 concess) starts 19th September

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

Creative with Clay – Ceramics/Pottery – 10 weeks 7.00-9.00pm Fee: £100 + £20 materials starts 19th September

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.

Dressmaking – 10 weeks 12.30-2.30pm Fee: £98 (£75 concess) starts 19th September

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.

Excel Workshop NEW - 4 weeks 7.00-9.00pm Fee: £40 (£30 concess) starts 26th September

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

Fitness for Mature Movers – 5 weeks 10.00-11.00am Fee: £20 TILLAGE HALL, WATERBEACH starts 19th September - First Class FREE

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!

Learn to Love Your Sewing Machine – 5 weeks 7.00-9.00pm Fee: £50 (£38 concess) starts 19th September

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.

Learn to Love Your Overlocker – 4 weeks 7.00-9.00pm Fee: £40 (£30 concess) starts 7th November

A course for everyone who has an overlocker but is unsure how to use it, finds threading a nightmare and can never get the tensions right. All will be made easy so that you can set your overlocker correctly and give your work a highly professional finish. Learn how to adjust everything to ensure your overlocker makes a perfect stitch for everything you want to make. You will have an opportunity to use your overlocker to make simple projects. Materials extra.

Pilates for Everyone NEW - PLOUGHMAN HALL, WILLINGHAM – 10 weeks for the price of 9 Fee: £50 11.30am–12.30pm starts 19th September – First Class FREE

Pilates uses a series of specific, controlled exercises to condition the whole body. Classes are mat-based and will improve your posture, strengthen and stabilise your body, reduce stress, and help with 'bad backs'. All abilities, including beginners, welcome as options are provided to adapt or progress each exercise as needed.

Pilates for Everyone NEW – 10 weeks for the price of 9 Fee: £50 7.00-8.00pm starts 19th September – First Class FREE

Pilates uses a series of specific, controlled exercises to condition the whole body. Classes are mat-based and will improve your posture, strengthen and stabilise your body, reduce stress, and help with 'bad backs'. All abilities, including beginners, welcome as options are provided to adapt or progress each exercise as needed.

Silver Jewellery for Beginners NEW – 10 weeks 7.00-9.00pm £98 (£75 concess) (plus materials) starts 19th September - FREE Taster/Meet the Tutor 12th Sept 7-8pm

This course is an ideal introduction to designing and making silver jewellery. The main aim is to provide you with the basic skills and techniques needed to produce silver earrings, a ring and/or pendant. The course is very hands on with plenty of opportunity to develop your skills and create beautiful jewellery.

Spanish – “Brain Pop Español” - 10 weeks 7.00-8.30pm Fee: £75 (£56 concess) starts 19th September - FREE Taster/Meet the Tutor Monday 12th September 7-8pm

This course is aimed at those who have studied Spanish for at least 40 hours and have used it within the last 12 months. If you want to practice your Spanish skills in a fun and relaxed environment, then this course is for you. Lots of activity based classes putting your knowledge into practice and further developing your skills along the way.

Watercolour Painting for Beginners NEW - 10 weeks 7.00-9.00pm Fee: £98 (£75 concess) starts 19th September

This course is both for beginners and for those with a little experience. Watercolour is the most popular medium. There is little to compare with the beauty of transparent colour washes, watercolours are handled in a way that is impossible with other mediums. The course will encourage you to create paintings from your own observations applying the 'rules' of design and composition. Students to provide own materials.

Watercolour Painting for Improvers - 10 weeks 10.00am-12noon Fee: £98 (£75 concess) starts 19th September

Aimed at those with 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.

Web Design NEW - 5 weeks 7.00-9.00pm Fee: £50 (£38 concess) starts 7th November

If you want to create & design your own website then come along to learn all you need to know with an experienced tutor. Build a website to promote your own business or simply for your family.

Yoga for Beginners - 10 weeks 6.30-8.00pm Fee: £73 (£55 concess) starts 19th September
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

WEA Willingham Baptist Church Hall, George Street, Willingham

Subject: From Barber Surgeons to the NHS
History of Medicine 1800-1945
Start date: 12th September 2016
Contact: Rosemary Mumford for more details
Secretary 01954 260934

Tutor: Mike Muncaster

Time: 10am
Fee: £48

TUESDAY

Advanced Textiles Workshop – 5 weeks (term 1 of 3) starts 27th September, Tuesdays fortnightly 10.00am-3.30pm Fee: £123 (£92 concess) 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 1 of 3) starts 20th September, Tuesdays fortnightly 10.00am-3.30pm Fee: £123 (£92 concess) 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.

Exploring Drawing (Introduction) NEW – 5 weeks 7.00-9.00pm Fee: £50 (£40 concess) starts 20th September

A drawing course that explores the multi-faceted approaches to and nature of drawing. Learners will explore different ways of seeing their subject matter, which will help strengthen and invigorate future observational drawings that they embark upon. Learners will explore the use of line, tone, mark-making and unusual/challenging 'drawing' equipment. A liberating step away from the constraints of realism... Come and see where your vision could take you! Beginners welcome. Materials extra.

Exploring Drawing More – 5 weeks 7.00-9.00pm Fee: £50 (£40 concess) starts 2nd November

Learners will be encouraged to develop and explore their skills further and be guided in the processes

of monoprinting, charcoal drawing, collage and acrylic painting in order to create their own winter landscape. Beginners and those with more experience welcome. Materials extra.

Fitness for Mature Movers NEW – Salvation Army Hall, WILLINGHAM - 5 weeks 11.30am-12.30pm Fee: £20 starts 20th September - First Class FREE

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!

Revive Your French – 10 weeks 7.00-9.00pm Fee: £98 (£75 concess) starts 20th September FREE Taster/Meet the Tutor Monday 13th September 7-8pm

This course is aimed at learners who already have some basic knowledge/experience of French. The aim of the course is to enable learners to acquire a good basic knowledge of vocabulary and grammar to gain confidence to go on developing your speaking, listening, reading and writing skills further.

Indian Cooking Made Simple NEW – 5 weeks 7.00-9.00pm Fee: £50 (£40 concess) starts 1st November

This course is designed especially for all those who love Indian Food. You will learn how to cook well known curries, rice dishes, Dhal – Lentil dishes, Indian Breads and snacks too, using herbs and spices to achieve the subtle home cooked tasty, healthy Indian food. Each dish is explained and demonstrated step by step for you to follow and prepare your own dish and take it home to share with family and friends. By the end of the course you will gain confidence as you are learning the art with practical experience. Ingredients extra.

T'ai Chi for Beginners - 10 weeks 6.00-7.00pm Fee: £50 (£40 concess) starts 20th September Free Taster 13th Sept 7-8pm

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. This course is for those with little or no experience.

T'ai Chi for Beginners plus - 10 weeks 7.00-8.00pm Fee: £50 (£40 concess) starts 20th September - Free Taster 13th Sept 7-8pm

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. This course is for those with less than 1 year's experience.

T'ai Chi for Improvers – 10 weeks 8.00-9.15pm Fee: £61 (£46 concess) starts 20th September

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

Yoga for Improvers - 10 weeks 7.00–8.30pm Fee: £73 (£55 concess) starts 20th September
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: Land and People, from Mandarins to Commissars Part 2 **Tutor:** David Prynne
Part 2 of a two-part course looks at China's dramatic history in the late-19th and 20th centuries, Republican China, Civil War, the Mao years, to "Socialism with Chinese characteristics.

Start date: 27th September 2016

No. Sessions: 7

Contact: Liz Milway Tel: 01954 250039

Time: 10am (2 hours/week)

Course Fee: £49

WEDNESDAY

Carpentry, Learn Design & Make - 10 weeks 7.00-9.00pm Fee: £98 (£75 concess) starts 21st September - Free Taster/Meet the Tutor 14th Sept 7-8pm

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: £100 + £20 materials starts 21st September

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.

Felting Studio – 5 weeks 10.45am–1.30pm Fee: £68 (£51 concess) starts 21st September

Whether you are new to felting or developing your skills this is a 5 week guided study to wet felting. We will revisit the basics - baubles, creative ways with cords, richly textured panels and nuno felt. For learners

who have done these before you will be encouraged to explore personal projects and to look at ways to develop more complex surfaces and forms. Great for newcomers but also an opportunity for those with more experience to try out some new ideas and to be inspired by the class.

Free Machine Embroidery for Beginners (Daytime) – 5 weeks 11.00am – 1.30pm Fee: £62/£46 starts 9th November

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 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. Materials extra.

Fitness for Mature Movers – 5 weeks 2.00-3.00pm Fee: £20 COTTENHAM VILLAGE COLLEGE starts 21st September - First Class FREE

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!

Introduction to Cake Decorating – top tips! – 3 weeks 7.00-9.00pm Fee: £30 starts 28th September

A workshop to learn the art of professional cake decorating, including crumb coating & ganache, working with sugarpaste decorations and lettering, simple character and animal modelling and more. By the end of the course you will have the confidence to produce professional finished cakes at home for those special occasions. Ingredients extra.

Just Talk French (Improvers) – (Term 1 of 3) – 10 weeks 7.00-9.00pm Fee: £98 (£75 concess) starts 21st September – FREE Taster/Meet the Tutor Tuesday 13th September 7-8pm

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 – 1 evening 6.00-8.00pm Fee: £15 includes materials - 23rd November

Get creative for Christmas 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.

Maths – Back to Basics 7.00-9.00pm FREE 5 WEEK COURSE starts 21st September

Do you want to brush up your basic Maths? Come along to a relaxed and friendly 5 week course to improve your confidence using numbers and to understand maths in everyday life, such as shopping, banking and DIY.

Pilates (Mixed Ability) NEW - 10 weeks for the price of 9, 9.15 – 10.15am Fee: £50 starts 21st September - First Class FREE

A multi-level class, aimed at participants who may have some knowledge, although not necessarily overly-experienced ... in the ramifications of Joseph Pilates, 34 movements used to articulate, strengthen and increase flexibility. Beginners are welcome. A keen interest in

improving body mechanics and posture through sound and thorough exploration of the technique, is required to get good results from this unique approach to movement. (Always check with your Doctor or Physio beforehand if you are uncertain that this may affect any underlying medical issue).

Pilates (Mixed Ability) NEW – 10 weeks for the price of 9, 7.00–8.00pm Fee: £50 starts 21st September - First Class FREE

A multi-level class, aimed at participants who may have some knowledge, although not necessarily overly-experienced ... in the ramifications of Joseph Pilates, 34 movements used to articulate, strengthen and increase flexibility. Beginners are welcome. A keen interest in improving body mechanics and posture through sound and thorough exploration of the technique, is required to get good results from this unique approach to movement. (Always check with your Doctor or Physio beforehand if you are uncertain that this may affect any underlying medical issue).

Salsa Dance for Beginners – 10 weeks 7.00-8.00pm Fee: £45* starts 21st September

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. *Week 1, 21st Sept FREE Taster, normal 10 week fee is £50

Salsa Dance for Beginners Plus – 10 weeks 8.00-9.15pm Fee: £63 starts 21st September

An energetic class and fun class for those who have already attended a 10 week Beginners course with us or elsewhere. Develop your skills and confidence further in Salsa – eg. Cha Cha Cha, Charanga, La Rueda, Bolero and Merengue, with our experienced Salsa Tutor. No partner needed

THURSDAY

French Conversation - Intermediate -10 weeks 9.30-11.30am Fee: £98 (£75 concess) starts 22nd September. Course currently full, please contact us for waiting list.

If you are looking for an informal daytime class to improve your French then this course is for you. Students should have a good knowledge of French with at least 2 years experience.

Upholstery - 10 weeks (Term 1 of 3) 10.00am-3.30pm Fee: £245 (£184 concess) - starts 22nd September. Course currently full, please contact us for waiting list.

This course requires no experience, just enthusiasm and a love of the craft. Whether you're new to Upholstery and want to refurbish a simple dining chair or more adventurously an arm chair, this course is for you. All the correct techniques of Upholstery are covered for traditional and modern furniture. Students need to bring their own piece of furniture to work on. Materials extra.

FRIDAY

Just Jive (Beginners) - 10 weeks 7-8pm starts 23rd September - First Class FREE Taster Fee: £45 for remaining 9 weeks

Have you always wanted to dance to your favourite jazz/rock&roll music? Then join the energetic dance class and learn some iconic jive moves - kicks, jumps and swings and great routines with an experienced Tutor. No partner necessary but partners welcome.

Upholstery - 10 weeks (Term 1 of 3) 10.00am-3.30pm Fee: £245 (£184 concess) - starts 23rd September. Course currently full, please contact us for waiting list.

This course requires no experience, just enthusiasm and a love of the craft. Whether you're new to Upholstery and want to refurbish a simple dining chair or more adventurously an arm chair, this course is for you. All the correct techniques of Upholstery are covered for traditional and modern furniture. Students need to bring their own piece of furniture to work on. Materials extra.

SATURDAY DAY SCHOOLS COTTENHAM VILLAGE COLLEGE

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

Cost: £35/£26(concession)* 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.**

STITCHED TEXTILES MASTERCLASS with Pauline Verrinder 6 SATURDAYS 10am-4pm (2 Saturdays per term)

Dates to be confirmed, please contact the College for more information Tel: 01954 288751

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

UPHOLSTERY with Lisa Cramp 3 SATURDAYS 10am-4pm Fee: £105/£79

Dates: 24th September, 15th October, 12th November 2016

WAITING LIST AT PRESENT BUT PLEASE CONTACT US TO EXPRESS YOUR INTEREST

This course is suitable for beginners or intermediate level. Beginners will learn the upholstery techniques and skills to upholster a small chair or stool in traditional or modern upholstery. Inter-mediate – may continue to upholster an existing project or start a larger project in either modern or traditional upholstery.

Students will need to bring their own furniture. Upholstery supplies/materials can be supplied by the Tutor at an extra cost. Students need to contact the tutor to discuss the project chosen to confirm it is appropriate for the course.

Email: lisacrampupholstery@gmail.com

DRESSMAKING

with Sally Tilley

3 SATURDAYS 10am-4pm Fee: £105/£79

Dates: 17th September, 15th October, 12th November 2016

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

SATURDAY 17TH SEPTEMBER 2016

FAMILY LEARNING Workshops FREE

Booking essential as places are limited

Screen Printing Tea Towels (10.00am-12.00 noon),

Family Kite Making Workshop (1pm-3pm)

Cooking (10am-12noon OR 1-3pm), Word & Excel Tasters (11am-1pm), Henna Hand Painting (10.00am – 12.00 noon), Indian Dance & Costumes (1.00 – 3.00pm), National Careers Service for advice

SATURDAY 15TH OCTOBER 2016

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.

Emergency First Aid at Work £65 – 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.

Christmas Willow Decorations – Sue Kirk

Spend the day weaving with willow creating a number of Christmas decorations for your home and garden. Choose from star, tree, wreath or large goose. Suitable for beginners. Learn several weaving techniques including coiling, rose ties, hoop making, random weave, rush cordage. Materials £10 payable on the day to the tutor.

Social Media Savvy – Denis Pemberton

An introduction to Facebook, Twitter and LinkedIn. Create accounts, add friends, upload photos and of course, security.

Christmas Ceramics Workshop – Clare Hall Fee: £45/£36 (materials included)

A creative ceramics day where you can make unique individual and personalised Christmas gifts and decorations. A range of ideas will be offered including hanging decorations, candle holders and more. Materials included and fired items will be collected a few weeks later.

Nuno Felt Scarf – Ricki Outis

A fun day doing wet felting to create a special scarf. Combining fibre and fabrics to create a light and elegant nuno scarf with a beautiful drape. We'll be piecing together different fabrics and using the fibres to hold the whole together. This workshop is a good challenge for beginners and for those with some felting experience. Materials extra.

Make Your Christmas Cake – Wendy Leaney 10am–2pm Fee: £23 + ingredients

We will prepare the ingredients and tin to make a rich fruit cake for your Christmas or celebration cake. The cake will need be taken home to be baked. The Tutor will also demonstrate how to dose your cooked cake with alcohol, store it and how to marzipan your cake, which can be completed at home over several weeks. Your cake will then be ready to decorate at home or at our **Ice and decorate Your Christmas Cake workshop on 12th Nov.**

SATURDAY 12TH NOVEMBER 2016

Lino Printing £45/£36 (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.

Christmas Patchwork Day - Mary McIntosh

Learn the skill of Christmas themed Patchwork & Applique to make a panel which could be used as a wall hanging, cushion front or the centre of a larger quilt. Non Christmas fabrics could also be used, suitable for those with some experience of Patchwork and quilting (machine sewing). Materials extra.

Ice and Decorate Your Christmas Cake - Wendy Leaney 10am – 2pm Fee: £23 + ingredients

Join us for a festive morning learning how to cover a rich fruit cake with fondant icing ready

Saturday 28th January 2017

Curtain Making for Beginners

Free Machine Embroidery for Beginners

Coloured Glass Fusing Workshop (10am-1pm) Fee: £18

Get to know your iPad (10am-1pm) Fee: £18

Luxury Black Forest Roulade (10am-2pm) Fee: £23

Willow Weaving Plaited Tree

Saturday 25th February 2017

First Aid for Childcarers Day 1 (2 Sats) Fee: £85

Get to know your iPad Plus (10am-1pm) Fee: £18

Indian Dinner for Friends

for Christmas (or for any special occasion).

Bring the cake you made at our workshop last month or bring your own fruit cake covered with marzipan. Decorations made with Sugar Flower Paste will be demonstrated.

Calligraphy, Lombardic Versals and the Gothic Script – Liz Barrow

Lombardic Versals are decorative capitals which were first used in the 13th century. We will write modern versions, using a variety of techniques to colour and embellish them and also learn to write the Gothic lower-case script. Participants will use these two scripts to create a small concertina-style booklet, either using a favourite quotation, or as an unusual Christmas or birthday greeting. Materials extra.

Christmas Appliqué & Decorative Stitching – Pamela Tasker

A relaxed day of decorative machine stitching and appliqué with an advent theme. Learn new techniques, enhance your skills and be creative. Materials extra.

Learn to Love Your Overlocker

Patchwork Day

Watercolour, Pen & Wash

Saturday 18th March 2017

First Aid for Childcarers Day 2

Luxury Easter Cake – 10am – 2pm Fee: £23

Make a Sample Roman Blind

T'ai Chi Deepening our Practice 10am-1pm Fee: £18

Willow Weaving Rose Cloches

All about Zips & Piping

BALLET POINTES

Our performance of The Seasons and Elite Syncopations was very well received and the dancers really enjoyed themselves. Our younger dancers were delightful! Our contemporary group SCAMBS performed in Swavesey in June and in Histon in July. This group is growing and new members are welcome to come along and join us just contact April Martin tuturusus@ntlworld.com or Jack Stinton jackstintondance@gmail.com if you want to know more. The Year 1, Year 2 and Year 3 students had ballet exams in June and all passed with flying colours, and the year 4 and over students will have theirs in October.

You can join the ballet classes at any time in the year just contact me, April Martin if you have any questions or Adult Learning at Cottenham Village College 01954 288751. All of us who work with the young dancers have full DBS and have done Prevent training and we are all trained dancers with lots of experience.

Did you know? Studies show that ballet aids concentration, co-ordination and creativity - why not introduce your child to the wonderful world of ballet.

April Martin

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 7th September 2016

	Time	1 Term	2 Terms	3 Terms
Cj51 Reception Age	4.00-4.30pm	£36.00	£68.00	£98.00
Cj52 School Year 1-2 + older Reception	4.30-5.00pm	£36.00	£68.00	£98.00
Cj53 School Years 3, 4, 5, 6	5.00-5.45pm	£54.00	£102.00	£145.00
Cj54 School Year 6 upwards	5.45-6.45pm	£72.00	£136.00	£194.00

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.

EQUALITIES STATEMENT

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

COMMUNITY FACILITIES AT COTTENHAM VILLAGE COLLEGE

Support for people with special needs

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

Transport Difficulties

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

Learning Partners

If you are interested in being a learning partner in a class of your choice (you do not pay fees) to enable you to offer help to someone requiring support, please get in touch with us – Tel: 01954 288751.

Cottenham Sports Centre boasts an array of quality sports facilities; open to the public

5pm-10pm 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 sports courses for adults and children. These courses must be booked in advance.

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

ACTIVITIES

MONDAY

Badminton Dan Valderas ongoing throughout the year.

Course dates 5th September - 17th October and 31st October - 12th December

Juniors	5:30 - 6:30pm	£35 per 7 week block of lessons
Beginners	6:30 - 7:30pm	£35 per 7 week block of lessons
Intermediate	7:30 - 8:30pm	£35 per 7 week block of lessons
Advanced	8:30 - 9:30pm	£35 per 7 week block of lessons

ACTIVITIES

Friday

Roller Skating (Term Time)

Roller Skating	5:00 – 7:00pm	£3 per session	Skate Hire +£1
Practice Skating	7:00 – 9:00pm	£3 per session	

All termly classes have a half term break – w/c 24th October 2016 – all fees must be paid at the start of the course/class

Cottenham Tennis Club Membership Fees: June 2016-April 2017

Juniors (Under 18)	£20
Adult	£40
Family	£75

Wednesday Club Evening

7.30pm-9.30pm

Thursday Match Fixtures & Club Courts Available

7pm-9.30pm

Sunday Afternoon Club Courts Available

1.30pm-5pm

50% Discount on Court Fees at other times

Professional Coaching (by Over&In) available SUNDAY MORNINGS

Children	4-6 year olds	10am – 10.30am	£21
	7-10 year olds	10am – 11.30am	£42
Juniors	11-15 year olds	11.30am – 12.30pm	£42
Adults		12.30pm – 1.30pm	£48

**TO BOOK A SPORTS CENTRE COURSE/CLASS CALL DIRECT ON
01954 288760 BETWEEN THE TIMES OF 5pm-10pm MONDAY TO FRIDAY
OR BETWEEN 9am-5pm WEEKENDS**

GP REFERRAL CLASSES – SOUTH CAMBRIDGESHIRE ACTIVE & HEALTHY 4 LIFE

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

How do I join?

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

Tuesdays

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

Thursdays

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

Plus assessments which cost £8 each and are undertaken at the beginning and end of the scheme.

The Active and Healthy 4 Life scheme prices have been subsidised by South Cambridgeshire District Council and Cambridgeshire NHS.

CONTACT: Cottenham Sports Centre

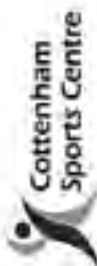
Tel. 01954 288760 or cottenhamsportscentre.co.uk



Activity Timetable Autumn 2016

Opening Times - Weekdays 5pm-10pm Weekdays 9am-5pm

For Bookings: Email us on info@cottenhamsportscentre.co.uk or phone on 01954 288760



	DANCE STUDIO	FITNESS SUITE	SPORTS HALL	COURTS	Gymnasium
Monday	5.30-6.30pm Irish Dancing Club	5-9.30pm General Use	5.30-9.30pm Badminton Classes (All abilities)	5-9pm Tennis/Netball General Use	
Tuesday	6.30-8.30pm Line Dancing	2.30-5.30pm CP Referral 5.30-9.30pm General	5.30-6.30pm Nap Football 6.30-8.00pm Cottenham Roller Hockey	6-9pm Cottenham Netball Club	7-9pm Circuits (Dave Sills)
Wednesday	7.00-9.00pm Adult Tap (TBC)	5-9.30pm General Use	6-7pm Norwich City Juniors 7-8pm Milton Cotts Juniors	6-9pm Cottenham Tennis Club	4-5pm Gymnastics Age 5-7 5-6pm Gymnastics Age 8-10 6-7pm Gymnastics Age 11+ 7.30-9pm Seal Ky Rya Martial Arts
Thursday	Free for Bookings	2.30-5.30pm CP Referral 5.30-9.30pm General	7-8pm Milton Cotts Juniors 8-10pm Cottenham Badminton Club	7-9pm Cottenham Tennis Club	6-9pm Karate Club
Friday	7-9pm Judo 2nd	5-9.30pm General Use	5-6.30pm Roller Skating 6.30-7.30pm Skating Practice	5-9pm Tennis/Netball General Use	6-8pm Tae Kwon Do
Saturday	Free for Bookings	10.00-1.30pm General Use	Childrens Party Bookings Available	9am-5pm Tennis/Netball General Use	9.30-11.30pm Fan Edge Dance 12.30-5pm Tae Kwon Do
Sunday	Free for Bookings	9.00-12.30pm General Use	Childrens Party Bookings Available	10am-3pm Over 21s Tennis 3 Cottenham Tennis Club	Free for Bookings

**ADULT LEARNING
BOOKING FORM**

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ADDRESS			
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1.			
2.			
3.			

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LANDBEACH NEWS

WHAT A LOVELY MESS!

Busytots is a not-for profit baby and toddler group, based in Landbeach Village Hall, entirely run by volunteers. Every Wednesday from 10am to 2pm kids can get hands-on with craft activities or messy play, toys and a sing along at most sessions. Snacks are included for kids, but perhaps more importantly there is cake and tea for grown-ups. All through the year, including school holidays, it's a great way for parents and carers to meet new people in a place with lots to keep their little ones entertained.

Volunteer Gemma says "I'm really loving being able to volunteer with my little girls." Busytots is currently looking for two volunteers to join the small team. Can you spare a few hours once a month? To find out more contact Gemma on 07986 717958 or email busytots1@hotmail.co.uk Find us at [facebook.com/LandbeachBusytots](https://www.facebook.com/LandbeachBusytots) or visit www.busytots.weebly.com

Thanks to a grant from FECA, there's a special session on 26th October: a Mini Halloween Party with slimy messy play and spooky music. Normal admission charges – a small entry fee covers hall rent and refreshments: £1.50 single child families, plus 50p per additional child. Older accompanying children welcome. Landbeach Village Hall, Green End, Landbeach CB25 9FD.

LANDBEACH VILLAGE SOCIETY

No meeting in August, but you can hear longtime Landbeach resident Ray Gambell talk about the Tithe Barn Project on 21st September in the village hall. "Britain's hidden marine life" is the subject of the talk by Frances Dipper on 19th October and on 16th November David Oates will bring to life the history of Chivers, one of the most famous names in jam and jelly making in the UK.

BARN STORMING!

The Tithe Barn Trust is now a charity, its application to the Charity Commission having been accepted in May. Its registered number is 1167108. Volunteers run the trust with the aim of saving and restoring the barn for community use. In April a very successful open day was held with Nancy Crisp, "our Tudor weaver" showing how

a fleece was prepared for spinning over 400 years ago, and children played Tudor-style games organised by the Waterbeach and Landbeach Action for Youth (WAY).

There's a new website www.tithebarntrust.org.uk where you can

make a pledge/become a member or a trustee. Keep up with coming events on facebook [FriendsofLandbeachtithebarn](https://www.facebook.com/FriendsofLandbeachtithebarn)



DIRECTORY

Busytots Baby and Toddler Group

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 01223 860410

Landbeach Bell Ringers

Barbara Le Gallez 01223 860283

Landbeach Helpline

Maria Sylvester 01954 252400

Knit and Natter

Marion Lant 01223 860787

Landbeach Parish Church

Rev Paul Butler 01223 860353

Painting and Drawing Group

June Cross 01223 860669

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Robert Stripe 01223 862297

Landbeach W.I.

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SUMMER OUTINGS

GO WILD WITH YOUR CHILD!

With the summer holidays in view, families will be starting to think about how to entertain their children over the school break. Days out can be expensive but they don't need to be. Getting children outdoors, whatever the weather is a vital part of encouraging positive environmental values in them as they grow up. Time spent in the natural world keeps youngsters fit and healthy and encourages creativity, self-led discovery, resilience and independence – invaluable life skills. And of course, it's fantastic fun! Woodlands are magical playgrounds and you don't have to go far to find one. There's a beautiful wood at Rampton, the Fen Reeves Community Woodland on the northern outskirts of Cottenham and an amazing little woodland just along the lane from the Landbeach Village Hall – to name just a few. So why not grab a picnic and head to the woods with friends for a day of den building, mud pie making, bug hunting and tree climbing? For ideas of activities to do in the woods have a look at the Woodland Trust website www.woodlandtrust.org.uk

ACTIVITIES FOR FREE

Fen Drayton Lakes is a complex of lakes and meadows, next to the River Great Ouse, open from dawn to dusk and with no entry charges. The site used to be gravel workings but has since been restored to an area that's great for birds – over winter flocks of wildfowl, and from spring to autumn breeding warblers, hedgerow and wetlands birds. It's a good place for spotting other wildlife such as hares, dragonflies and (more difficult) otters.

Fen Drayton has something for everyone; for dog walkers, ramblers and families – until November there is a range of activities on offer including family nature trails, lake dipping, bug hunts, bat detecting, den building etc. All of these are free. There are also events for adults only – walks, willow weaving workshops etc. On weekends in summer there's a pop up tea shop which is really popular! Fen Drayton Lakes is 20 minutes away from Cambridge and easily accessed by car, bus and bike (the latter along the guided bus way which has a request stop in the middle of the reserve!)



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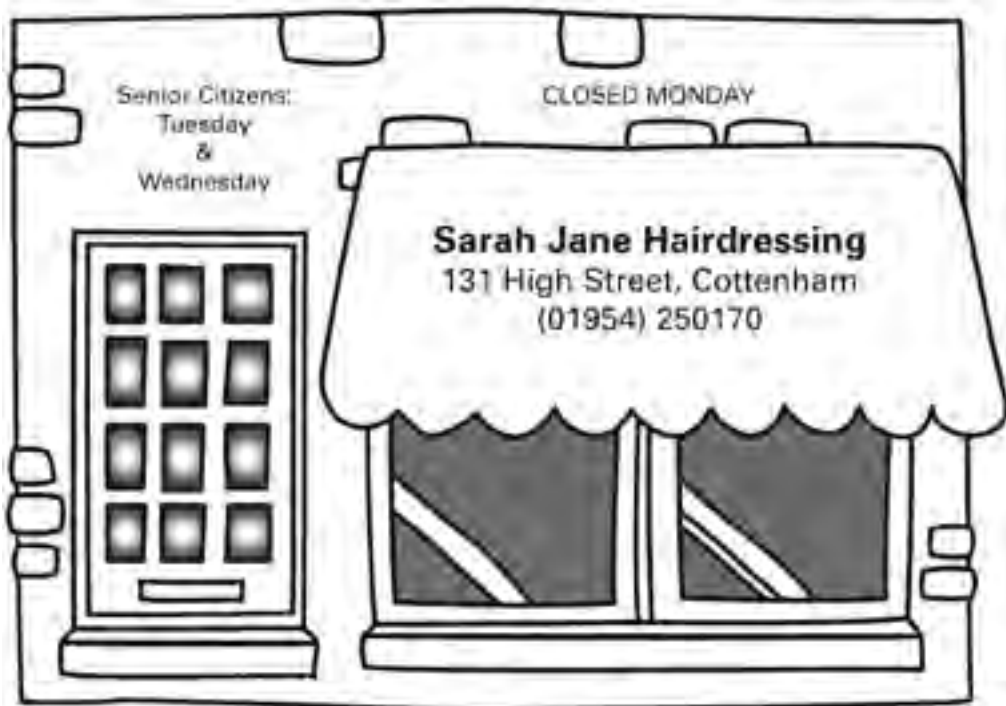
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THE FEN EDGE NEWS

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 October 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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Cottenham Community Centre Day by Day

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

MONDAY

Mucky Pups 9.30-10.30 and 11.15-12.15 (NEW) hello@muckypupscambridge.co.uk ; Zumba 7-8pm. Contact Jo Kinser jo@jjkdancin.com; **BarreConcept** 6.30-7.30pm and 7.30-8.30pm (studio) contact workout140@outlook.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) 10.15-11.15 (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 **Fitsteps** for adults 8.15 - 9.15 julia@jcf.it.co.uk

WEDNESDAY

Little Humbugs (singing and music for babies and toddlers) 10.30-11.30am, £2.50 littlehumbugs@gmail.com; **Fitsteps for over 50s** Forever Active 3-4pm julia@jcf.it.co.uk or www.forever-active.org.uk; **BarreConcept** 7-8 and 8-9pm (Studio) contact workout140@outlook.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 1st 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 community@cvcweb.net ; **Pilates for strength** (studio) 6.30-7.30pm; **Mixed Ability Pilates** Explore 7.30-8.30pm. All Pilates/Stretcher exercise queries to miranda@mi-time.eu **Cambs Hearing Help** 2-4pm every second Thursday of month. www.cambridgeshirehearinghelp.org.uk

FRIDAY

Yoga (studio) short terms only 10-11.30am, 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/Stretcher exercise 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) 3-4.30pm; Community Cinema First Sunday of the month 7.30pm and sometimes, for families, 2.30pm. Information from website: www.revcoffee.net or https://www.facebook.com/CottenhamCommunityCinema or email simon.oliver@cantab.net

NEW COMMUNITY ACTIVITY?

Do you have an idea for a community activity that needs access to a room or hall but can't get off the ground because of uncertainty over income to cover room hire? CCC would like to hear from you. We have space available a lot of the time and although we charge for using these facilities, we are keen to encourage community activities. If you would like to know more please contact Mike Smith on smithmichaelstanley@hotmail.com or 01954 251915

Room Hire. There are three rooms (main hall, studio, coffee shop) for hire at CCC for new activities or parties. Full food catering and/or a bar can be provided. The hall is also great for businesses to use for training or meetings. Full entertainment licence etc held. See the website www.cottenhamcc.org or email smithmichaelstanley@hotmail.com

COFFEE SHOP

Come in and enjoy a fantastic scone, cake or lunch. We've just celebrated a very successful 5 years!

Opening times are 10am-4.30pm Monday; 10am-2pm Tuesday to Saturday (except bank holidays, Christmas). **The coffee shop will close for late August after Saturday 20 August and re-open on Mon 5 September.** Become part of the team at the coffee shop, meet people and improve your skills. Weekly or less regular volunteers welcomed. More information manager@cottenhamcc.org or phone 01954 202109 during opening hours.

Become a member of CCC and help ensure that this popular community centre continues to be a major focus of Fen Edge life or consider becoming a trustee yourself www.cottenhamcc.org
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RAMPTON NEWS

BROOKS WILLIAMS IN CONCERT

We are very lucky having such a talented guitarist and song writer living locally. You are all invited to join us as Brooks returns to Rampton for another evening of entertainment.

Walking the line between blues and Americana, he has worked stages worldwide for over 25 years, amassing a staggering back-catalogue of songs, recordings and tales, with 23 CDs to his name. See more at: <http://brookswilliams.com>

Saturday 3rd December, 7pm for 7.30pm start. Rampton Village Hall. Licensed bar available. Tickets £10/£8 for concessions available from www.ramptonvillagehall.co.uk or call 01954 208045

The '77 Committee – started in the year of the Queen's silver jubilee – organises a number of fund-raising events, not necessarily annually, eg a treasure hunt and quiz, which enables us to provide the Over 60s Dinner and the Family Christmas Party for free. Surplus funds at the end of our financial year are given to charities, either local or national but with a local branch. In 2015-16 the surplus was less than the previous year, but we still managed to donate £200 each to Papworth Hospital Trust (Pulmonary Fibrosis – Asbestosis), Parkinson's UK, and finally to the Alzheimer's Society. These were in addition to £150 to the Papworth Trust arising from the Fun Run. In all, the total given to charities was £750.

Judy Garstang

'OUTSTANDING LOCAL SERVICE'

In March this year Sarah Palmer and Pat Mansfield attended the South Cambridgeshire Community Awards Ceremony on behalf of the '77 Committee and much to their and other Committee members surprise came first in the "Outstanding Local Service" category. The nomination (by a councillor) reflects the hard work not just of the current committee but also past members and we are pleased to have been recognised in this way.

DIRECTORY

Church contact

Judith Middleton.....01954 251 607

Rampton church

Rev Kylie Hodgins01954 250454

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www.rampton.org for the Rampton newsletter

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FEN EDGE MISCELLANY

THE FEN EDGE ARCHAEOLOGY GROUP

Two talks are planned, and non members are welcomed. "Landscape survey in East Kent" is the subject of Lacey Wallace, on 22nd September at 7.30pm in the Willingham Baptist Church, Willingham. "Did Neolithic people really hate fish?" is the question posed by Tamsin O'Connell at the meeting on 24th November at 7.30pm at CVC.

For more information about the group's activities see www.feag.co.uk and <http://feagblog.wordpress.com/>

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AN APP A DAY...

Apps (on iPhone, iPad and Android) are now being used to help people with health problems.

FoodSwitchUK would be very useful for anyone with coeliac disease, gluten intolerance, high blood pressure, heart disease and kidney disease. With the app you scan the barcode of packaged foods to find those high in fat, salt and sugars (using the traffic-light colour code system: red for high, amber for moderate and green for low), and it will recommend healthier alternatives. **Change4LifeSugarSmart** is still a work in progress but with it you can scan the barcode for sugar content per pack and per 100g.

Other useful apps are: **MyMedRec** (keeps all your health information together and can be shared with doctors, pharmacists and others involved with your care); **MyMedicationPassport** (only iPhone and iPad) keeps details of prescribed medicine including how it's

it is to be taken and how often.

The **DiabetesLogbook** (mySugarDiabetesDiary) keeps information in one place about blood sugars, meals, insulin etc for those with Type 1 and Type 2 diabetes. Patient.co.uk offers 900 leaflets about health and medical conditions and location of nearby medical services. **FitterFitnessCalculatorandWeightTracker** calculates your Body Mass Index (to show if you are overweight) and body fat and waist to hip ratio and monitors your weight loss targets and daily calorie needs. Information from Choice Magazine, £2.95 from newsagents or annual subscription £47 (subscriptions@warnersgroup.co.uk)

BRIGHTEN YOUR SURROUNDS

Any patch of unloved land around you that could see being productive? Have a look at theurbanorchardproject.org which helps people restore neglected orchards and create new ones. And if you are wondering how to finance it check out www.groundwork.org.uk/tesco and its Bags of Help scheme which uses money raised from the 5p charge for plastic bags in its supermarkets. Grants of £8k, £10k and £12k could be available to you.

Advice from a reformed bike thief!

From a police newsletter emailed to interested householders

"Invest in a D lock or anything that costs. The more expensive the lock the better it's going to be. Make it hard. There's a triangle of metal just behind the saddle column, and that's made like it is for the purpose of locking your bike securely, but people don't know that. Put your lock through there and you should be able to get it through your back wheel. Take your quick release front wheel off and lock it to the back one. People sometimes put the lock through the front wheel. That's fine, I'll have the rest of the bike and get myself another front wheel. You should never lock it below the handlebars. An allen key will get the handlebar column off."



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WATERBEACH NEWS

SPEED LIMITS CHANGED

The speed limit on all three approach roads into the village, Denny End Road, Car Dyke Road and Horningsea Road, will be reduced to 40pmh (from 50mph) to increase road safety. Cllr Peter Johnson and Brian Williams did a presentation to the County Council and their plea for the change was accepted.

NEIGHBOURHOOD PLAN

Jane Williams who runs 'Keep Waterbeach Rural' (on Facebook) describes the NP as 'being in the embryonic stage' but "we are on our way". The working party consists of members of the community and parish councillors and there are public consultations to come before a decision is finally made by referendum.

NEW COUNCILLOR

Ingrid Tregoing was elected District Councillor in May, in place of James Hockney who represented Waterbeach for 15 years. She has a Facebook page: Cllr Ingrid Tregoing.

FOOD BANK SUPPORT

Waterbeach is part of the Cambridge City Food Bank and they are seeking more volunteers, for half a day a fortnight – waterbeachvolunteers@ccfb.org.uk

The food bank is open on Thursdays at the Baptist Chapel

from 10.30 to 12.30. People in crises and in need of food vouchers can obtain them from the Primary School, Waterbeach Children's Centre, Salvation Army and Baptist Chapel.

HELP FROM CHARITIES

Waterbeach United Charities has a number of electric wheelchairs available to residents of the parish who might need them. They also offer distress grants and help to students. Students for example who need equipment for vocational training, tools, clothing, books etc, or grants for books or travel costs can make a personal (and confidential) application. Awards are made only once a year, and applications must be in by 1st September. For forms contact Mrs S Wilkin, 25 Payton Way, Waterbeach CB25 9NS.

MUSICIANS ON THE MOVE

Waterbeach Brass which give concerts all around the Cambridge area have now returned 'home' after months of rehearsing elsewhere. The newly refurbished facilities at Waterbeach Barracks have been done by developers Urban & Civic and provide the band with the space it needs for its Monday evening rehearsals. Newcomers given a big welcome. Among the offerings for use by local groups is a sports hall, studio area, squash courts, community room and outdoor space.

WATERBEACH DIRECTORY

1st Waterbeach Brownies

Tiffany Langton01223 862548

1st Waterbeach Guides

Holli Bielby07779 408588

1st Waterbeach Rainbows

June Stephen01223 862260

Scout Group

William Moon.....01223 440259

Beach Bowls Club

W. Clough.....01223 861386

Beaches Community Car Service

.....07807 875878

Denson Close Social Club

May Beckitt01223 660475

Doctors Surgery – Waterbeach

.....01223 860387

Parish Paths Group

D. Armstrong01223 861586

RBL – Waterbeach & Landbeach

Norman Foster01223 474622

St Lawrence's Catholic Ch

.....01223 704640

St John's Church

Rev. Paul Butler01223 860353

The Way Project

Anwar Haq.....02914 704644

Wasps (After School Play Scheme)

Zoe & Wayne Badcock01223 861140

Waterbeach Baptist Chapel

Martin Ensell01223 862494

Waterbeach Brass

David Pell01223 860396

Waterbeach Community Association

Jacqui Rabbett.....01223 860993

Pam Clack (Secretary).....01223 476601

Waterbeach Community Players

Julie Petrucci.....01223 880023

Waterbeach Community Playgroup

Jacqui Woods01223 440769

Waterbeach Day Centre for the Elderly

Mary Longstaff01223 564666

Waterbeach Indep. Lending Library (WILL)

Maggie Crane01223 440560

Waterbeach School

.....01223 718988

Waterbeach Salvation Army

Colin Harrod.....01223 440190

Waterbeach School P.T.A

.....01223 718988

Waterbeach Turbary Charity

Pam Gooding01223 861003

Waterbeach United Charities

Pam Gooding01223 861003

Waterbeach Village Society

Adrian Wright.....01223 861846

Waterbeach WI

Sheila Lynn01223 860948

Waterbeach Wives Group

Sheila Gill01223 861999

LOCAL HEALTH MATTERS

All GP practices – which are currently funded according to the number of patients registered and are individual businesses with a budget – are as challenged by funding cuts as other areas of the NHS. One solution for 39 Practices in and around Cambridge (including the five Fen villages) has been to form a Federation to consider how to help each other and to protect all that is good about having primary care on your doorstep. They have greater clout as a large group, can decide how Practices could work together to save money and can operate community based services.

Health Secretary Jeremy Hunt has said that missed GP and hospital appointments cost the health service in England nearly £1 billion per annum. While he said there were no plans to charge for not turning up, he wanted people to know how much each missed appointment cost the NHS. In the case of GPs, it's worked out mathematically: the hourly cost of running the service divided by the number of 10-minute appointments with a doctor or nurse. For instance at your local surgery it might work out at £20.55 per appointment. So 1500 a month of misses adds up to a whopping £30,825 a year!

All patients are urged to register their mobile telephone number at their GP surgery to receive an appointment reminder by text message; a message can also be sent to a home phone number. If you can't make that time and cancel immediately, someone else in need can be given the appointment.

When a cancer diagnosis has turned your world upside down, finding advice and help is important. Maggie's Wallace is a charity which provides a safe haven where experts can give emotional and practical support as well as advising on financial and nutritional matters and a place where you can meet others facing similar challenges over a cup of tea. There's a drop-in information point near the main entrance at Addenbrooke's and the interim support centre is at 21 Milton House, a short walk from the hospital's concourse. You need to pre-book for benefits advice and counselling sessions, but the walking group, art therapy and relaxation groups are drop in from Monday to Friday. Find out more about Maggie's Wallace on www.cambridgeshire.net

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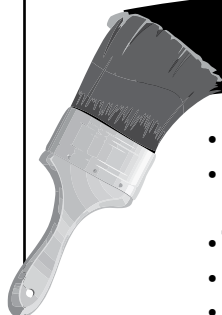
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WILLINGHAM NEWS

SCDC'S ENVIRONMENT AWARD

First Place - Tony Goss, Gamlingay; Second Place - Lot Meadow Management Group, Toft; Third Place - Graham Mumby, Willingham

Congratulations to our own Graham Mumby who was nominated by Willingham Parish Councillor Linda Drath for the Willingham Tree Project and in particular for setting up the Community Orchard and Woodland, including an array of information boards and a beautiful picnic setting. He was the driving force in acquiring funding for the trees, from public bodies and from individuals wishing to keep the memories of loved ones alive with a plaque attached to a dedicated tree. He organised volunteers from Willingham to plant the trees, and to keep them watered through the first two summers. Graham also found funding and volunteers for a general tree plant and watering around the village and has organised numerous litter picks. He is an active member of the Willingham Action Group (Environment and Feast committees) and represents Willingham on the Fen Edge Community Association's committee.

AND DON'T MISS another core activity: Graham's village apple pick and pressing. He arranges it every year for those wishing to make juice and cider. It is most rewarding, not least because it utilises apples from gardens and orchards that would otherwise be left to rot.

OCTOBER'S FEAST WEEKEND

Willingham Action Group are making preparations for the Village Feast to take place across the weekend of 7, 8 and

9 October. Complementing the funfair on the Green, attractions will include our signature Feast Market at Willingham Primary School (Thoday's Close) on Saturday morning, 8 October, organised this year by the WSA. The Social Club will put on a disco and a Custard Comedy night. There will be a wine quiz along the lines of "Call my bluff". We also hope to see another "book trail" literary quiz courtesy of the Friends of Willingham Library, a Guides' bushcraft session, art and photography displays, a social cycle ride, a gin tasting evening, a home-brew taster event and a foodie festival in one of the pubs. The Jam Club can be expected to put on a show, with a curry quiz night and a children's disco on the agenda. The Feast traditionally ends with a Salvation Army Band concert on the green and a service in St Mary's and All Saints Church in the village.

The aim of the organisers is to encourage groups and businesses to participate in events, get their ideas into the programme and generate funds for themselves and the village – so if any groups wish to have their event included, call Paul on 07787 530394. Generally we aim to provide the villagers with the kind of social occasion they asked for in the Parish Plan all those years ago.

PS The new marquee at the ever-popular "It's A Knock-out" family event on 17th July is something that all FECA members might be interested in for a community event. It was bought by FECA and will be stored in Willingham until needed. For more information contact Willingham Action Group (see Directory)

WILLINGHAM DIRECTORY

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Mrs V Francis.....	01954 283030
Beavers, Cubs and Scouts	
Mrs M Dellar.....	01954 260045
Honeyput Pre-School (term-time only)	
Mrs Kate Van Dort.....	01954 201567
Tigger Toddlers	
Lisa Smith.....	01954 201282
Koala Kids	01954 260046
Willingham Guides and Rangers	
Lynn McGoff.....	01954 261296
Bubbles/Messy Church	
Heather Mellows.....	01954 270063
TOPS (Baptist Church Toddlers Group)	
Hilary Wyllie.....	01954 260051
Kids' Friday Club (Baptist Church)	
Loriane Bald.....	01954 261189
Allotments	
Sue Ayling.....	01954 260718
Willingham Action Group (WAG)	
Mike Tidball.....	01954 260647
Willingham Combined Charities	
Mrs Gail Cook.....	01954 231272
Workers' Educational Association	
Rosemary Mumford.....	01954 260934

Willingham Walkers	
Mike Tidball.....	01954 260647
Willingham Youth Club	
enquiries@willingham youthtrust.org	
Women's Institute	
Jacky Sparks.....	01954 261831
Women's Royal British Legion	
Mrs M Few.....	01954 260124
Cycling Club	www.willinghamwheels.com
Tennis Club	
John Graham.....	01954 231968
Willingham Sports Pavilion	
Parish Council.....	01954 261027
Willingham Wolves (Boys & Girls Football)	
.....	willinghamwolvesfc.co.uk
Baptist Church	
Rev. Paul Joel.....	01954 260538
Methodists (Ministerial Contact)	
Rev Hilary Cheng.....	01223 700778
Roman Catholic Priest	
Fr Karol Porczak.....	01480 462192
Salvation Army	
Don and Trish Hall.....	01223 233492
Parish Church	
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