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The **Fen Edge Community Association** is a charity promoting and supporting Clubs, Groups and Societies in Cottenham, Landbeach, Rampton, Waterbeach and Willingham.

## Contact Us

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🌐 www.fenedge.co.uk

📌 fenedge news

Copy date for next issue: 29<sup>th</sup> October 2018

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## CHAIR'S MESSAGE

The Annual General Meeting of the Fen Edge Community Association (FECA) took place on May 24<sup>th</sup> and it was gratifying that there was a very good turnout. The member organisations continue to do great work in the community and it was exciting to hear about their plans.

Last year we set out three main priorities – to expand membership, to increase grant making and to increase the number of events we support.

At this time last year, our membership had increased to 48 organisations (from 37 the previous year); it has reached 56 and hopefully will grow further. We welcomed two new member organisations – Stitchwild and the Cottenham Tennis Club – at the Annual General Meeting. The organisation is clearly thriving but we are still under-represented in Waterbeach. We would welcome contact from any community organisation or group that wishes to find out more about the benefits of FECA membership.

Over 2017, the Fen Edge News went from strength to strength and it continues to be a key source of funds for FECA. The 100th edition of the Fen Edge News was published last year. It is informative and I know that many residents really look forward to receiving it. Adrian Stephens is now the Editor and is faced with the unenviable task of managing the ever-growing demand for space without adding any more pages!

We were successful in increasing our financial support of members. Our grant making commitments increased by nearly 50% from £4,350 in 2016/17 to £6,498 in 2017/18. In addition, we have promised, but not paid out, other grants exceeding £4,000. We have had some great successes in terms of promoting community participation in activities, helping organisations promote their events and enabling the purchase of equipment and resources.

The Cottenham 7k Fun Run took place in May. Thanks again to Martyn Leeks and all the other volunteers for making this happen. It was a very warm day but there were nearly 200 participants and the event

raised over £1,000 for MNDA (Motor Neurone Disease Association). We also supported the Twinning Association visit to France and the general verdict from those that travelled was that the event was “the best one yet!” Well done to the team that organised that. We also supported a trip for the Tyrannochorus choir group to travel to France to perform.

I would like to extend my thanks to the FECA Trustees and Committee for all their work over the past year in making this happen. It's a very good team and it is good to know that they have all offered their services for the forthcoming year.

We are also looking forward to strengthening the relationship with Cottenham Village College over the next year. The creation of FECA was directly related to the broader community objectives contained in the village college concept. Janet Drinkwater and Steve Ellison continue to be great supporters of FECA and we are very pleased that Helen Cassidy, the Principal of Cottenham Village College, has also agreed to join our Committee. We hope that Helen will also contribute a regular piece in the future editions of Fen Edge News to inform the community of news and activities at the College.

Next year will be a Fen Edge Festival (FEF) year and that always dominates the agenda. We extended the event to include activities at Willingham and Landbeach in 2017 and we would love to do the same in 2019. I look forward to a new Festival Committee coming together in the autumn to arrange the event. I really hope that many of the 2017 team will sign up to be involved again as it was a tremendous team but there is always a need for new volunteers. If you are interested in volunteering, please contact me and we can discuss the various ways in which you might be able to get involved. It is a significant commitment but it's a lot of fun (there are quite a few laughs to be had) and there is a huge sense of satisfaction at the end of it. The FEF is totally dependent upon having that team of volunteers – no volunteers, no event! So please get involved.

Lastly, the member organisations are the heart of FECA; we are very grateful to them for all they do in the community and we hope we can continue to support their work. You can read about many of their activities in the Fen Edge News and I hope you will get involved in them in the forthcoming year.

**Neil Gough**

Chair, Fen Edge Community Association  
[chair@fenedge.co.uk](mailto:chair@fenedge.co.uk)

# FEN EDGE EVENTS DIARY

## What's on and when in the villages

### AUGUST

**Wed 1st** Willingham Parish Council – Council meeting at Octagon at St Mary and All Saint's Church, Church St, Willingham 7:30–9:30pm (p43)

**Fri 3rd** Cottenham Library – Meet the author: Children's author Lou Carter will come and read to us from her books about pirates and dragons. She will bring books to sign. You need to get a ticket in advance from the library. 11am–12pm

**Wed 8th** Cottenham Women's Institute – Tea and Cakes at Cottenham Club 2–4pm (p9)

**Fri 10th** Cottenham Gardeners Club – Members Drinks Party at Franklin Gardens Community Room 7:30–9pm (p11)

**Fri 10th** Cottenham Library – Animal Experience: Meet some exotic animals; for ages 4 and up. Get a ticket in advance from the library. 1:30–2:30pm

**Wed 15th** Cottenham Library – Craft Session: Dennis the Menace and the Bash Street Kids. 10:30am–12:30pm

**Wed 22nd** Cottenham Library – Craft Session: Dennis the Menace and the Bash Street Kids. 10:30am–12:30pm

**Sun 26th** Landbeach Tithe Barn Trust – Holiday Fun: Storytelling, I-Spy, dressing up and traditional games for all the family at Landbeach Tithe Barn 1–4pm (p37)

**Fri 31st** Cottenham Library – Lego: Come and make an animal, person, object and see what everyone else has made. 11am–12pm

### SEPTEMBER

**Mon 3rd** Rampton Parish Council – Council Meeting at Rampton Village Hall 7:30–9:30pm (p41)

**Wed 5th** Willingham Parish Council – Council meeting at Octagon at St Mary and All Saint's Church, Church St, Willingham 7:30–9:30pm (p43)

**Fri 7th** Cottenham Toy Library – Pre-School Soft Play Session at Cottenham Community Centre 11:15am–12:15pm (p9)

**Sat 8th** Willingham Youth Trust – It's a Knockout at Willingham Recreation Ground 11am–4pm (p57)

**Sun 9th** Landbeach Tithe Barn Trust – Open Day: Find out more about timber frame repairs, have a go at threshing wheat, grinding grain to flour, or make your own corn dolly at Landbeach Tithe Barn 1–5pm (p37)

**Wed 12th** Cottenham Women's Institute – Boxworth Botanicals. At CVC 7:30–9pm (p9)

**Fri 14th** Cottenham Village Society – AGM & Talk: *Maps and Machinery in the History of Fen Drainage* by Philip Saunders at Cottenham All Saints' Church Hall 7:45–9pm (p13)

**Fri 14th** Cambridgeshire Bird Club – Talk: *Counting wintering waterbirds – the UK's Wetland Bird Survey* by Teresa Frost at CVC Tony Cooper suite 7:45–9pm

**Sat 15th** Fen Edge Footpath Group – Walk: 8 mile walk. Meet at CVC. 9:30am (p47)

**Mon 17th** Cottenham Library – Family History Help at Cottenham Library 7–9pm (p11)

**Tue 18th** Cottenham Community Centre – District Councillors' consultation at Cottenham Community Centre coffee shop 10:30am–12:30pm (p23)

**Wed 19th** Landbeach Society – Talk: *Excavating a Spitfire in the Fens* by The Great Fen Group at Landbeach Village Hall 7:30pm–9pm

**Fri 21st** Cottenham Toy Library – Pre-School Soft Play Session at Cottenham Community Centre 11:15am–12:15pm (p9)

**Fri 21st** Cottenham Community Centre – Evening Music Event at CCC coffee shop (p23)

**Thu 27th** Cottenham Library – Medal Ceremony at Cottenham Library 3:45–4:45pm (p11)

**Fri 28th** Cottenham Gardeners Club – Talk: *Self Sufficiency through the Winter* by Nigel Start, Fruit and Vegetable Specialist at Franklin Gardens Community Room 7:30–9pm (p11)

**Fri 28th–Sat 29th** Willingham Social Club – Beer Festival (p57)

### OCTOBER

**Wed 3rd** Willingham Parish Council – Council meeting at Octagon at St Mary and All Saint's Church, Church St, Willingham 7:30–9:30pm (p43)

**Wed 3rd** Fen Edge Archaeology Group – Talk: TBD – check [feag.co.uk](http://feag.co.uk) at Landbeach Village Hall 7:30–9pm

**Thu 4th–Sat 6th** Willingham Action Group – Funfair at Willingham Green (p57)

**Fri 5th** Cottenham Toy Library – Pre-School Soft Play Session at Cottenham Community Centre 11:15am–12:15pm (p9)

**Sat 6th–Sun 7th** Willingham Action Group – Art display by local artists at Public Hall (p57)

**Sun 7th** Willingham Action Group – Guided tour: Historic wall paintings at St Mary and All Saints Church (p57)

**Wed 10th** Cottenham Women's Institute – Craft Evening at CVC 7:30–9pm (p9)

**Wed 10th** Fen Edge Archaeology Group – Talk: Jointly with Histon and Impington Archaeology Group: *A landscape through time: archaeology of the A14 Cambridge to Huntingdon improvement scheme* by Tony Walsh at Histon Baptist Church 7:30–9pm

**Fri 12th** Cottenham Village Society – Talk: *Travels with music – People, places, performances.* Gerald will illustrate his talk about his early career in Cottenham and Ely with musical interludes. By Gerald Gifford at Cottenham All Saints Church hall 7:45–9pm (p13)



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# FEN EDGE EVENTS DIARY

## What's on and when in the villages

**Fri 12th** Cottenham Primary School PTCA – Quiz Night at Cottenham Primary School (p13)

**Fri 12th** Cambridgeshire Bird Club – Talk: *LIFE in a world full of predators: saving the UK's black-tailed godwits* by Jen Smart at CVC Tony Cooper suite 7:45–9pm

**Sat 13th** Willingham Action Group – Disco: Soul and Motown at Social Club (p57)

**Mon 15th** Cottenham Library – Family History Help at Cottenham Library 7–9pm

**Wed 17th** Cottenham Library – Coffee and Chat at Cottenham Library 10:30am–12:30pm

**Wed 17th** Landbeach Society – Talk: *Family and Cambridge* by Becky Proctor at Landbeach Village Hall 7:30pm–9pm

**Fri 19th** Cottenham Toy Library – Pre-School Soft Play Session at Cottenham Community Centre 11:15am–12:15pm (p9)

**Sat 20th** Willingham Youth Trust – Fancy dress family disco at Ploughman Hall (p57)

**Sun 21st** Landbeach Tithe Barn Trust – Apple Gifting: Begin your own apple gifting tradition. Get hands-on and decorate an apple with twigs, rosehips and candied fruit. In the past these were offered around the community as a sign of friendship, good health and good luck. At Landbeach Tithe Barn 11am–3pm (p37)

**Tue 23rd** Cottenham Community Centre – District Councillors' consultation at Cottenham Community Centre coffee shop 10:30am–12:30pm (p23)

**Fri 26th** Cottenham Gardeners Club – Talk: *Winter Interest in the Garden* by Simon and Jay McWilliams, from Hedgehog Nursery at Risby. Followed by plant sale. At Franklin Gardens Community Room 7:30–9pm (p11)

### NOVEMBER

**Fri 2nd** Cottenham Toy Library – Pre-School Soft Play Session at Cottenham Community Centre 11:15am–12:15pm (p9)

**Fri 2nd** Cottenham Primary School PTCA – Fireworks! Gates open 6:00pm, Fireworks at 7:00pm at Cottenham Primary School 6–9pm (p13)

**Mon 5th** Rampton Parish Council – Council Meeting at Rampton Village Hall 7:30–9:30pm (p41)

**Wed 7th** Willingham Parish Council – Council meeting at Octagon at St Mary and All Saint's Church, Church St, Willingham 7:30–9:30pm (p43)

**Fri 9th** Cambridgeshire Bird Club – Talk: *Green birding, the RSPB and the adventures of a biking birder* by Gary Prescott at

St John's Community Hall, Hills Road, Cambridge 7:45–9pm

**Fri 9th** Cottenham Village Society – Talk: *Digging up a Lancaster* by James Fairbairn & Anthony Haskins of Oxford Archaeology East at Cottenham All Saints Church hall 7:45–9pm (p13)

**Sat 10th** Landbeach Tithe Barn Trust – Outdoor Gym: Get active and involved and help us tidy the hedge and grass track to the Tithe Barn. The barn will be open to visit too. At Landbeach Tithe Barn 10am–1pm (p37)

**Sun 11th** Cottenham Parish Council – Armistice Centenary: Stalls on the green from about 15:00, Tyrannochorus singing at 17.45, Community singing at 18.30, The Last Post at 18.55, Beacon lighting at 19.00, Church bells at 19.05 at Village Green (p41)

**Fri 16th** Cottenham Toy Library – Pre-School Soft Play Session at Cottenham Community Centre 11:15am–12:15pm (p9)

**Wed 21st** Cottenham Library – Coffee and Chat at Cottenham Library 10:30am–12:30pm

**Wed 21st** Landbeach Society – Talk: *1918: Armistice, Local Celebrations and 'The War to End All Wars'* by Andrew Lacey at Landbeach Village Hall 7:30pm–9pm

**Thu 22nd** Fen Edge Archaeology Group – Talk & AGM: *Herculaneum: an archaeological postcard from the Edge* by Andrew Wallace-Hadrill at CVC 7:30–9pm

**Mon 26th** Cottenham Library – Family History Help at Cottenham Library 7–9pm

**Fri 30th** Cottenham Toy Library – Pre-School Soft Play Session at Cottenham Community Centre 11:15am–12:15pm (p9)

**Fri 30th** Cottenham Gardeners Club – Talk: *Easy Gardening* by Geoff Hodge, Gardening Writer and Radio Presenter at Franklin Gardens Community Room 7:30–9pm (p11)

### DECEMBER


**Sat 8th** Cottenham Village Society – Christmas Party: Check website for time at Cottenham All Saints Church hall (p13)

**Fri 14th** Cottenham Toy Library – Pre-School Soft Play Session at Cottenham Community Centre 11:15am–12:15pm (p9)

**Fri 14th** Cambridgeshire Bird Club – Christmas Social at St John's Community Hall, Hills Road, Cambridge 7:45–9pm

**Wed 19th** Cottenham Library – Coffee and Chat at Cottenham Library 10:30am–12:30pm



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# FECA IN COTTENHAM

## NEWS FROM COTTENHAM TOY LIBRARY

The Cottenham Toy Library soft play sessions continue to be a popular activity for babies, toddlers and pre-schoolers. Taking place in the spacious hall in the Community Centre, children can explore, climb and have fun on our fabulous equipment, and parents and carers are welcome to bring in a tea or coffee from the cafe next door while the little ones play!

We run two sessions every month, on a Friday morning, which costs £2 per child, £1 per child under 1 year (babies in arms with siblings are free) or £3 per family. We no longer require a membership fee, so you can drop in whenever it suits you. The sessions now run for just an hour, from 11.15am to 12.15pm.

Dates of our autumn/winter sessions are below, but it's best to check our Facebook page for any updates – we do occasionally have to cancel if we can't find enough volunteers. We're always looking for new helpers, so if you can spare 10 minutes or so on a Friday morning, once every couple of months, we'd really appreciate any help to set up, or pack away – the Toy Library can't operate without its volunteers!

The Toy Library has been running for more than 30 years, and while we're not currently able to lend smaller items, we do have a great selection of larger toys that can be hired for parties and events – including ride-ons, walkers, scooters, see-saws, slides and two small bouncy castles! To book, get in touch via Facebook or our new-look website:

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

As I write, we're preparing for our hugely popular Teddy Bears' Picnic event in July, and then planning starts for our Toy Sale which will take place in November! If you'd like to join our sociable committee and help organise the sessions and events, please do get in touch.

### Upcoming sessions

Pre-School Soft Play Session at Cottenham Community Centre from 11:15am – 12:15pm on the following dates: September 7, 21; October 5, 19; November 2, 16, 30; December 14.

## GIRLGUIDING NEEDS YOU!

Girlguiding is the leading charity for girls and young women in the UK. Being involved in guiding is a fantastic opportunity. In Cottenham we have 3 Rainbows, 3 Brownies and 2 Guide units. But our eight very active and busy guiding units in Cottenham, which meet on various nights during the week, need your help.

We urgently need new leaders to come forward to keep these units

running. Some activities

we've done this year

are camping, crafts &

badges, outdoor den

building, swimming,

movie nights, camping,

pack holidays, district picnics, church service, maypole

dancing, pizza making and going to The Big Gig – to

name a few.

Girlguiding welcomes volunteers from all backgrounds, ages, cultures, faiths and abilities.

Please think about volunteering and

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Deanna Raven 01954 250388 [deannaraven@btinternet.com](mailto:deannaraven@btinternet.com)

Dani Wykes 01954 250324 [wykes21@gmail.com](mailto:wykes21@gmail.com)



## COTTENHAM WOMENS' INSTITUTE

Our darts team made the finals recently and our walking group have been looking at damsel flies and hedgerow flowers. There have been trips to explore the history of Whitechapel and Spitalfields, a table tennis taster session and a visit to a local brewery.

There are many different things to get involved with in your local WI so do come along and join us. You will be very welcome.

More information from Jill Ballard 01954 250605

or Margaret Briggs 01954 250870.

### Dates for next meetings

**August 8th** Tea and Cakes 2pm-4pm at the Cottenham Club

**September 12th** Boxworth Botanicals. 7.30pm at Cottenham Village College.

**October 10th** Craft Evening. 7.30pm at Cottenham Village College.



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# FECA IN COTTENHAM



## COTTENHAM LIBRARY

The Summer Reading Challenge, 'Mischief Makers' gets underway at the beginning of the school holidays. Children may register during the week before the holidays and anytime later. The intention is to read a book a week and they can drop in any time when the library is open to collect stickers and talk about the books they have read.

Ask for details at the library or by telephoning 0345 0455225.

### Activities

**Week 24th to 28th July** Board Games in the library

**Friday 3rd August** 11:00 to 12:00. Meet the author.

Children's author Lou Carter will come and read to us from her books about pirates and dragons. She will bring books to sign. You need to get a ticket in advance from the library.

**Friday 10th August** 13:30 to 14:30 Animal Experience.

Meet some exotic animals; for ages 4 and up. Get a ticket in advance from the library.

**Wednesday 15th August** Craft session based on Dennis the Menace and the Bash Street Kids. Drop in from 10.30 to 12.30.

**Wednesday 22nd August** Craft session based on Dennis the Menace and the Bash Street Kids. Drop in from 10.30 to 12.30.

**Friday 31st August** 11:00 to 12:00. Lego. Come and make an animal, person, object and see what everyone else has made.

**Thursday 27th September** 3:45pm Medal ceremony for children that completed the challenge.

### Family History

Family History help is available on the 3rd Monday of each month.

**Monday 17 September, 15 October, 26 November** (note: a week later)

Cottenham Library, Margett Street, 7pm to 9pm.

**Coffee and Chat** recommences in October on 3rd Wednesday of the month

10.30 to 12.30. 17 October; 21 November; 19 December

Ask for details at the library or by telephoning 0345 0455225.

## FIRS HOUSE PATIENT

### PARTICIPATION GROUP

The Patient Participation Group (PPG) is made up of patients registered with the Firs House GP Practice in Station Road, Histon or Telegraph Street, Cottenham. We aim to represent patients' interests, working with the Practice to help improve the patient experience. We meet bi-monthly and are very fortunate in having the support and active involvement

of the Practice Manager and a GP Partner, who attend our meetings. This enables us to have constructive 2-way discussions with the Practice.

We are a group of individuals from a variety of backgrounds, whose collective experiences are wide-ranging.

Members volunteer to plan and organise health promotion events in partnership with local community organisations on a variety of topics – e.g. Understanding Dementia, Diabetes De-mystified. These events are free and open to anyone whether or not registered patients of Firs House.

The PPG attends and responds to public consultations on health related issues, and works to raise awareness of GP services for young people.

We have put on 3 community health information events in the past 6 months, and have had very positive feedback on all of them. We will be considering what events to promote in the future.

If anyone registered with the Firs House Practice is interested in joining the PPG, please contact reception at Histon or Cottenham.

If there are any issues you would like the PPG to raise with the Practice, or have any suggestions for future community health information events, do leave a note in the suggestions box at either surgery, clearly marked "For PPG". (Note that, any personal health issues or complaints should not be sent to the PPG, but need to be raised with the surgery.)

## COTTENHAM GARDENERS' CLUB

The club usually meets on the last Friday of the month, at Franklin Gardens Community Room. Refreshments are served from 7.30pm, followed by a talk at 7.45 and a raffle, for which prizes are always welcome. Membership, starting in February, costs £14 per annum; from September half-price membership is available for the rest of the year. Guests can try a single meeting for £2, or £4 for one of the parties.

There is no regular meeting in August, but an evening drinks party for members is scheduled for Friday 10th, and a trip to Peter Beales Roses on Tuesday 14th, in the morning, for tea, cake and a guided tour, with transport by car share.

The three remaining talks of the year are:

**September 28th** – *Self Sufficiency through the Winter* by Nigel Start, Fruit and Vegetable Specialist

**October 26th** – *Winter Interest in the Garden* by Simon and Jay McWilliams, from Hedgehog Nursery at Risby. This will be followed by a plant sale.

**November 30th** – *Easy Gardening* by Geoff Hodge, Gardening Writer and Radio Presenter.

For any further information please contact Sarah Dumont, 01954 260482



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# FECA IN COTTENHAM

## COTTENHAM PRIMARY SCHOOL PTCA



Well what a busy year so far, we have run bingo nights, bike sales, afternoon teas, a spring market and that's just a few. Thank you so much to everyone who has helped and supported these events, we are very grateful.

For next term we already have planned our ever popular **Quiz Night** on Friday 12th October.

And don't miss the **Firework Display** on Friday 2nd November. Gates open 6.00pm, fireworks at 7.00pm.

Check out our website page at: [www.cottenhamprimary.co.uk/ptca/](http://www.cottenhamprimary.co.uk/ptca/)

Follow us on Facebook [www.facebook.com/CPSPTCA/](http://www.facebook.com/CPSPTCA/)

To make a donation to the PTCA via our MyDonate page, go to: <https://mydonate.bt.com/charities/cottenhamprimaryschoolptca>

For more information on the PTCA please contact the chair, Rebecca Norman, [rebecca.norman@ntlworld.com](mailto:rebecca.norman@ntlworld.com)

## COTTENHAM VILLAGE SOCIETY

In September we start our new season of autumn talks culminating with our Christmas party. These are themed on local history. Membership of the village society is £10 per year if you would like to join us. We continue with more talks in the New Year and in summer we have outings, walks and a party. Talks are held in the Cottenham All Saints' church hall, normally on the second Friday of the month at 7.45pm.

**14th September:** AGM followed by Philip Saunders talking about *Maps and Machinery in the History of Fen Drainage*

**12th October:** Gerald Gifford, *Travels with music – People, places, performances*. Gerald will illustrate his talk about his early career in Cottenham and Ely with musical interludes.

**9th November:** James Fairbairn & Anthony Haskins of Oxford Archaeology East, *Digging up a Lancaster*.

**8th December (Saturday):** Christmas Party. Check on the society's website for time of this event.

Contact: Glynis Pilbeam, [cottvillsoc@gmail.com](mailto:cottvillsoc@gmail.com)



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REPAIR CARE



# FECA IN COTTENHAM

## COTTENHAM CARECAR STILL NEEDS VOLUNTEER DRIVERS

Following our last appeal in Fen Edge News, we have lost two volunteers and gained three! We have also been able to recruit a new Deputy Coordinator, Wendy Dear, and a valuable Oakington and Westwick driver. This is still not enough, and we sometimes have to utter the dreaded words “no car available;” so we want to sign on a few more drivers.

For the benefit of new readers, Cottenham Carecar is one of the many Social Car Schemes operating in Cambridgeshire, in association with the County Council. We cover Cottenham, Oakington and, currently, Westwick. We liaise with Rampton and the Histon, Impington and Girton schemes on a reciprocal basis. Half of the journeys are medical appointments and half social.

Volunteer Drivers are not tied down to any particular time or day: jobs are offered one by one. Drivers are fully reimbursed for all their car expenses incurred; some training is available. Drivers must have their own car (preferably four door), and have fully comprehensive insurance. They will also have to be DBS cleared (at no cost to themselves).

This is a great opportunity to do a bit of good for your community, make a few new friends, and get out and about.

For more details of the scheme or volunteering please phone or email the coordinator:

Gerry Brett 01954 251929

carecar@pobroadband.co.uk

## ABOUT COTTENHAM CARES

Cottenham Cares is an informal group of village residents who are raising funds to help relieve the suffering of those affected by the war in Syria. Since we started at the end of 2015 we have collected almost £27,000 through a variety of events: carol singing, a sponsored winter camp, a Syrian meal, a golf day, a music quiz, table-top sales, some generous donations and, most recently, a ceilidh in the Village College and a baroque music concert in All Saints' Parish Church.

All the money raised is donated to Save The Children and Medecins Sans Frontieres/Doctors Without Borders to support the vital work they are

doing in Syria and its bordering countries.

Some recent letters from these charities show the value of our efforts.

From Save the Children: “We would like to thank everyone at Cottenham Cares on behalf of all the children we support, for your fundraising efforts year for our Syria appeal. Your support has helped us save children's lives.

It's now been over seven years of brutal war in Syria. The psychological toll of living through years of conflict is enormous for children living in the country. The prolonged exposure to war, violence and uncertainty means that many children are in a state of ‘toxic stress,’ leaving emotional scars which may never fully heal. But with the phenomenal help of supporters like you, we are working tirelessly to prevent any more children from losing their childhoods. Your support has helped us reach even more children who are in desperate need of our help – thank you.”

From Medecins Sans Frontieres/Doctors without Borders: “Medecins Sans Frontieres are extremely grateful for the very generous donation raised in support of our work in Syria.” The letter then relates the experiences of a surgeon recently returned from Jordan where he was treating war-wounded patients from Syria. He describes in graphic detail the care given to 8-year Zehra who lost her father and siblings in an airstrike and herself received life-changing shrapnel injuries to her face, chest and leg. He concludes:

“Your support makes it possible for MSF to help Zehra and others like her with surgery, post-operative care and counselling. I feel proud to have been part of it in a small way. I've finished my posting in Jordan now. It was my first time treating war injuries, but managing complicated wounds proved much easier than saying goodbye. Thank you so much for your generosity.”

The achievements of Cottenham Cares have only been possible because of the help and hard work of our supporters. If you would like to join our emailing list and be informed of future fund-raising events please contact [ralphandhiliary@gmail.com](mailto:ralphandhiliary@gmail.com).

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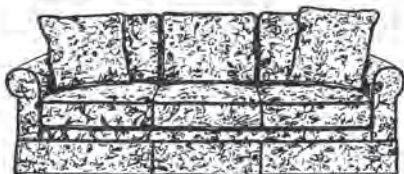
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# FECA IN COTTENHAM

## COTTENHAM UNITED COLTS FC UPDATE

Although, as I write, we are in our close season preparations are already in full flow for 2018/19. With even more teams created for the coming season, including an U18 team to help transition into men's football and yet another new girls' team, no doubt, the demands on pitches will be even greater in our ever expanding village. We look forward to working in partnership with our pitch providers to enable our boys and girls to enjoy an active sporting childhood through organised football for all. 2017/18 saw the very successful re-establishment of girls' football in the village. With over 60 primary age girls signed up to our FA SSE Wildcats sessions and our new U13 girls' team finishing joint 5th in the league (out of 13) in their very first season. This is an immense achievement from a highly motivated and enthusiastic group of girls playing against long established girls' teams. In fact, all teams throughout the age groups U6-U16 have represented the club and the village superbly in their respective leagues, tournaments and friendlies gaining a renowned reputation for their adherence to The FA Respect scheme. Thanks to all the committee members, coaches and parents for their hard work and commitment all season. Win, lose or draw a successful season all round. Notable competitive successes include the U12s winning the Snowy Coulson Shield, U9s achieving a superb runners up spot at the annual St.Ives Town tournament and the U10s winning our very own



*U13 Girls team*

Cottenham Tournament in that age group. Once again, a very successful tournament in the Bank Holiday Sunshine helping to raise much needed funding for the club. To that end, I would like to take the opportunity to thank our generous sponsors C-Eco Roofing, The Chequers, SJB Electrical, Polarglaze, AR Raven, Academy Insurance, Frimstone, AR Vehicle Graphics, Curry Palace, Malary Oils, BV Services, Phoenix restaurant and Durman and Stearn. Special thanks to Mick George Ltd for a £1500 grant towards the cost of purchasing new 11 v 11 portable goalposts. We are always eager to encourage partnerships with any new sponsors, particularly local businesses for support with kit and equipment. Please feel free to contact me for an informal discussion. We are always open to new players joining us, both male and female. In particular, next season's U14s (to be) are actively recruiting.

For any questions regards the Colts, new players or sponsors please email or phone me.

David Burkett, Lead Coach

Mobile 07512 245443, Email [avya69@dsl.pipex.com](mailto:avya69@dsl.pipex.com)



*Wildcats Team*





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# FECA IN COTTENHAM

## COTTENHAM UNITED F.C.

The new local football season is almost upon us and, by the time you are reading this, the Cottenham United players will be well into their pre-season training. We are running sessions twice weekly on Tuesdays and Thursdays, 7.00-9.00pm at the Recreation Ground, Lambs Lane. All are welcome and you can be assured of a warm and encouraging reception. Our Club celebrates its 120th anniversary in 2019 and we are really hoping that we will also have something to celebrate on the pitch by then as well!

Anyone interested in joining us should please contact either our Chairman, Ian Stuchbury (07771 882182; email: Shirley.stuchbury@gmail.com) or Vice Chairman, Martin Carter (07876 373935; email: martin.shaggy@gmail.com).

Club Website: [www.pitchero.com/clubs/cottenhamunited](http://www.pitchero.com/clubs/cottenhamunited)

## COTTENHAM CRICKET CLUB NEWS

By the time you are reading this, the cricket season will be well into its second half – let's hope our teams are continuing their good start to the campaign.

Actually, our juniors will have ended their fixtures (which run in school term-time) and we do hope they have enjoyed their cricket and continued to develop their skills whatever the results.

Several of our under-14 squad have made their debuts in adult cricket already with our 2nd XI. It is a steep learning curve for them but will stand them in great stead for the future. Hopefully it will also act as a spur to all our young players who can see that the opportunity to progress quickly through the Club's ranks is definitely there for anyone who shows commitment and potential. That's what our junior system is all about.

There's still time to come along and join us for the remainder of the season. Our men's fixtures continue until Sept 1st, as will our midweek net sessions; so, if you are interested, don't hesitate. We're a very friendly bunch and you'll have a warm welcome. Please just get in touch via any of the contacts below.

### Club Contacts:

Email: [cottenhamcc@yahoo.co.uk](mailto:cottenhamcc@yahoo.co.uk)

Secretary: David Chaplin 01954 250075

Chairman: Ralph Lamble 07740 195947

Vice Chairman: Dave Partridge 01954 203210

Junior Teams Coordinators: Dave Partridge and Alan Raven 01954 250388

Website: [www.cottenham.play-cricket.com](http://www.cottenham.play-cricket.com)

## COTTENHAM RENEGADES RUFC

Cottenham Renegades RUFC enjoyed a successful season in 2017/18 doing well in their league (third place out of eight teams from the Division One West Eastern Counties league). This was followed by an experimental mini-league where they played teams from further afield who had similar placings in the other Eastern Counties league. This brought Renegades into contact with clubs as diverse as Norwich Union, Ipswich, Diss and Colchester. Initially things looked promising with visiting teams being defeated. However, the away legs proved to be more challenging. It was an interesting experiment and new friendships were forged (especially with Norwich Union who were excellent hosts).

The season finished with a rip-roaring cup final against Bury St Edmunds Rovers. Things looks pretty bad at half time with Renegades trailing 7-19. However, the game was raised for the second half with Renegades closing the gap so that a couple of minutes from the end the score stood at 24-24. Then the Bury full back got the ball and scorched 60 yards through the Renegades to score a try which was converted, 24-31. This was a cruel end to the Renegades comeback. There was no answer and a couple of minutes later the final whistle blew. A win would have been sweet, but Renegades were able to take something from a fine second half performance.

Renegades are now looking forward to an exciting 2018/19 season. Following regular touch rugby sessions over the summer, training proper resumes in early August. We are always looking for new players to come and join us. In fact, we have had a terrific influx of capable young players in the last couple of seasons. If you were ever even half-tempted to give rugby a go then come along to any of our training sessions (Wednesdays at 7:00pm at Cottenham Recreation Ground). We guarantee a warm welcome whatever your level of rugby skills. During the season we play home games at Cottenham Village College which has an excellent rugby pitch. We welcome spectators who enjoy watching a competitive game of rugby. You can see when we play at home by visiting our website [www.renegadesrugby.net](http://www.renegadesrugby.net)



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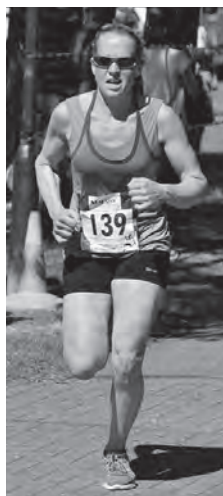
# COTTENHAM 7K FUN RUN 2018



This year the annual Cottenham 7K Fun Run was blessed with some wonderful weather on the May Day bank holiday weekend. This ensured a great crowd to cheer the runners on and to enjoy the morning market with over 20 stalls offering cakes, gifts, competitions and much more.

The Fun Run, started nearly 30 years ago by Jasper Kay, continues to flourish under Martyn Leeks supported by Rebecca Cole. They organise the event on behalf of the Fen Edge Community Association; we strongly feel that events like this are an integral part of local communities and a wonderful way of bringing people together.

The first race was the mini Fun Run for primary school children. One lap around the Village College playing field, a distance of one mile. A total of 67 children took part, each awarded a race medal for their superb achievement. The main 7K race attracted 129 runners, 27 of those school children. The race takes a circular route around the village, part on road and part cross country (the best bit). First home was Finn Johnson in 23 minutes and 50 seconds beating his winning time in 2017 by 50 seconds. The first female was Lisa Marriott, with another great time of 28 minutes and 50 seconds.



Lisa Marriott



Finn Johnson

Full race results are available on the FECA website [www.fenedge.co.uk](http://www.fenedge.co.uk) and via [facebook.com/cottenham7k](https://www.facebook.com/cottenham7k) or [twitter.com/cottenhamfunrun](https://twitter.com/cottenhamfunrun)

This year's Fun Run raised just over £1,050 for the Cambridgeshire branch of the Motor Neurone Disease Association (MNDA).

Cynthia George, Chair writes: "On behalf of the Cambridgeshire branch of the MND Association I would like to thank you for choosing our charity as the recipient for this year's Cottenham 7K Fun Run. These events take many hours of hard work and organisation and it is fundraising such as this which enables us to help those living with MND in the local area and their partners, carers, relatives and friends. The branch is entirely self-funding and run by volunteers."

We are indebted to Malary Ltd for their sponsorship and ever generous support and would also like to thank Cottenham Parish Council for their kind donation of £250.



*Martyn Leeks presents the proceeds of the Fun Run to officers of the Motor Neurone Disease Association, Cambridgeshire branch*





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about my future  
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# COTTENHAM COMMUNITY CENTRE

## Classes and activities at Cottenham Community Centre (opposite the Co-op on the High Street)

For full details of our many classes on each day and evening, see "classes" on our website [www.cottenhamcc.org](http://www.cottenhamcc.org) or under "Function Rooms" refer to the room (hall, studio or coffee shop) booking calendars. Most are able to welcome new people.

### New Monday activities

Life Drawing 10.00 to 11.00 in the studio Steve Ferris [ferristeaching@gmail.com](mailto:ferristeaching@gmail.com)

Beginners Pilates 12.15 to 13.15 [miranda@mi-time.eu](mailto:miranda@mi-time.eu)  
Saturday and Sunday

For Colour Awareness workshops, Defibrillator and First Aid training, bookings [miranda@mi-time.eu](mailto:miranda@mi-time.eu); Dads Play 10.30-11.30 (2nd Saturday of month); Arts Night in coffee shop 7.30-9.30pm (2nd and 4th Sundays); The Roost (in coffee shop and main hall 3rd Sunday) 3.00-4.30pm; Community Cinema usually First Sunday of the month 7.30pm and sometimes, for families, 2.30pm. Information from website: [www.revcoffee.net](http://www.revcoffee.net) or [www.facebook.com/CottenhamCommunityCinema](http://www.facebook.com/CottenhamCommunityCinema) or email [simon.oliver@cantab.net](mailto:simon.oliver@cantab.net)

## Special Events

We plan to re-roof, re-organise and re-fit the back toilets and kitchen and replace 3 windows in the hall this summer starting on 23rd July and running for up to 4 months. There will be some disruption to classes over the summer period and closure of the entire centre from 13th to 27th August (inclusive) – see the website and CCC Facebook. We apologise for any inconvenience. We are very appreciative of the financial help we are receiving from the Parish Council, Amey, FECA, ARM, the Co-op and others.

If you are a Co-op member, please register that you would like your 1% charitable discount to go to Cottenham Community Hall

<https://www.membership.coop.co.uk/causes/14251>

**NEW** District Councillors' consultation in coffee shop 10.30 to 12.30 on 18th September and 23rd October.

**NEW** 21st September evening music event in the coffee shop.

Watch out for other special events (will be on CCC Facebook).

## 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?

Cottenham Community Centre would like to hear from you. We charge for using these facilities, but we are keen to encourage community activities and would be flexible towards organisations looking to try out new community projects.

If you would like to know more, including our improvement plans for 2018 please contact Mike Smith on [smithmichaelstanley@hotmail.com](mailto:smithmichaelstanley@hotmail.com) or 01954 251915.

**Room Hire** There are three rooms (main hall, studio, coffee shop) for hire at the Cottenham Community Centre 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. New from October our wonderful new back kitchen facilities – great for parties, pop up café etc. See the website [www.cottenhamcc.org](http://www.cottenhamcc.org) or email [smithmichaelstanley@hotmail.com](mailto:smithmichaelstanley@hotmail.com),

### Artwork on display in the coffee shop

Cottenham Community Centre regularly displays a selection of works by Cambridgeshire artists. The artwork can be purchased with 20% of the proceeds donated to the Centre itself.

The exhibitions usually run for two months. There is a wall hanging system in place and plentiful wall space to show work.

The scheme was set up by the Cottenham printmaker, Iona Howard. Currently the work of artist Rita Morton is on display; colourful, striking prints consisting of lino prints, photoscreens, collagraphs and drypoint.

If artists are interested in this excellent opportunity to display their work, contact the art co-ordinator, Claire Noelle Holmes; email [clairenoelleholmes@gmail.com](mailto:clairenoelleholmes@gmail.com). An artist's statement is required with details of artistic background, techniques used, extent of exhibition history and contact details. Artwork should be framed, unless on canvas.

### Volunteers wanted

Become part of the team at the coffee shop, meet people and improve your skills. Weekly or less regular volunteers welcomed.

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

### Enjoy

Come in and enjoy a fantastic scone, cake or lunch. The coffee shop has had a very successful 7 years!

**Coffee shop opening times** are 10am–4.30pm Monday;

10am–2pm Tuesday to Saturday (except bank holidays, Christmas and late August). The coffee shop will close for food and drinks for the summer break at 2pm on Saturday

11th August and Re-open at 10am on Wednesday 29th August 2018. For more information about volunteering contact [manager@cottenhamcc.org](mailto:manager@cottenhamcc.org) or phone 01954 202109 during opening hours.

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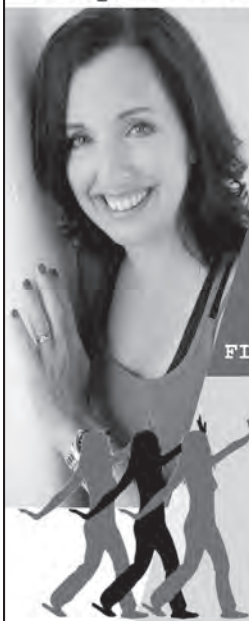
Aerobics 'n' tone 9.30am Friday

Pilates 10.40am Friday

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# FECA IN COTTENHAM

## ALL SAINTS' CHURCH COTTENHAM

The renovation work is finished! We held a weekend of free activities in June for the village to celebrate.

The weekend was full of flowers, bells, music and food, and we had beautiful weather. The ringers rang a quarter peal in celebration, to kick off the festivities. We had beautiful flowers and displays from various parts of the church family, including the choir, the children in Junior Church, the toddlers at Little Saints, Operation Christmas Child, the churchwardens, the drama group, the prayer corner, and many more. Welcomers and guides were on hand to show people around the church, and there was a quiz and treasure hunt in the church building and churchyard.

In the rectory garden there was free tea and coffee, as well as a Teddy Bear Picnic. We had fifty very brave cuddly toys who zip-wired off the church tower, following proper health checks of course! In the evening, we had a concert from local choirs and orchestras, including Tyrannochorus, the Cottenham Primary School choir, the Cottenham Village College orchestra, and Singing for Fun.

On Sunday morning, Bishop Stephen conducted a service of Family Communion, blessing our refurbished building and dedicating the members of the church to their work for Christ. In the afternoon we had tea and cake in the rectory garden as well as games and tours of the church tower, followed by Songs of Praise in the church with Cottenham Brass. It was our pleasure to show ourselves as generous and visible people of Christ in Cottenham.

Over the summer and the autumn, we will continue to do the normal work of the church, holding weddings, baptisms, and funerals, as well as two services on Sundays, fellowship teas, toddler group, and more. We will also be experimenting with monthly Sunday evening services in different formats, so look out for these. In other news, the two parishes of Cottenham and Rampton have now merged to become one parish, Cottenham with Rampton, with Revd Lynda Davies as the Rector.

In the autumn, we will be taking part in village activities to mark the centenary of the end of World War One, as will parishes across the country. Sunday November 11th will see a Remembrance Day service followed by stalls on the green and a tea for veterans. A beacon will be lit at 7:00pm and at 7:05pm church bells will ring out for peace across the country.

Please contact us any time to find out more about worship, fellowship, prayer and more. Our website is: [www.allsaintscottenham.org.uk](http://www.allsaintscottenham.org.uk) or follow our Facebook page. God bless you!

## COTTENHAM BOWLS CLUB

We are well into June and the outdoor bowls season is in full swing. It is lovely to play bowls when the weather is warm and sunny.

On June 9th Cottenham Bowls Club held an Open Triples Competition. There were 24 teams each playing 4 games of 6 ends to battle for a semi-final place followed by a final. It was a full day with refreshments served throughout the morning and afternoon and a 2 sitting lunch. The weather was kind and a great day was had by all.

Finally Cottenham Bowls Club would like to thank RJ Pepper & Son Family Funeral Directors for their continued support.

We are a successful and friendly club, so come and give us a try.

### Contacts:

Dave Parrack 01954 230732

Eric Hobbs 01954 251956

Christine Forster 01954 200720

[www.hugofox.com/community/cottenham-bowls-club-8286](http://www.hugofox.com/community/cottenham-bowls-club-8286)



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Saturday 13th October 10am - 5pm  
Sunday 14th October 10am - 4pm  
Preview Friday 12th - 6.30pm to 9pm Tickets £5 see website

More Info at [coax.org.uk](http://coax.org.uk)

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# FECA IN COTTENHAM

## COTTENHAM TENNIS CLUB



With our new nets and freshly painted lines things are looking up. Why not come and join us for a free trial session on a Wednesday evening 7.30-9.30pm at Cottenham Village College courts?

New members are always welcome.

We had a very successful fundraising tombola stall at the Cottenham Fun Run in May and would like to thank local businesses, members, friends and family for their very kind donations which ensured people kept coming back for more tickets.

Membership is very good value at £75 for families, £40 adults, £20 juniors. This includes free use of the floodlit courts all year Wednesdays 7.30-9.30pm, Thursdays 6.30-9.30pm (matches take priority) and Saturdays 10.30am-3.30pm. Outside club times a reduced court fee of £2 is available

to members. To join please contact Cottenham Sports Centre on 01954 288760 or email [info@cottenhamsportscentre.co.uk](mailto:info@cottenhamsportscentre.co.uk)

Coaching on Sundays is supplied by "Over & In" who run several excellent sessions for different age groups. Please contact them on 0844 776 1763 or [www.overandin.com](http://www.overandin.com) for more information.

We have recently introduced a new RUSTY RACKETS session on Wednesdays with a qualified coach, which is proving very popular. This is a drop-in session from 7.30-8.30pm on Wednesdays, costing just £3 payable to the coach.

New on Thursdays, at 5.30-6.30pm, is a KID'S DROP-IN COACHING session, again with a qualified coach costing £3. This is aimed at age 7 years and upwards. We have men's doubles and mixed doubles teams playing matches all year. We are particularly looking for more women players and keen to get more youngsters involved too.

For more information please do get in touch with us at [info@cottenhamtennis.co.uk](mailto:info@cottenhamtennis.co.uk) or the Sports Centre, details above.



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# ADULT LEARNING & LEISURE

COTTENHAM VILLAGE COLLEGE  
HIGH STREET, COTTENHAM, CAMBRIDGE, CB24 8UA

## ADULT LEARNING OFFICE

01954 288751

SCHOOL RECEPTION

01954 288944

SPORTS CENTRE

01954 288760

COTTENHAM PRIMARY SCHOOL

01954 206227

WATERBEACH PRIMARY SCHOOL

01223 718988

WILLINGHAM PRIMARY SCHOOL

01954 283030

**Village College Principal**

Helen Cassady

**Centre School Principal**

Sue Raven

**Adult & Family Learning Manager**

Janet Drinkwater

**Adult Learning Administration**

COTTENHAM VILLAGE COLLEGE

Tracy Thistlethwaite

Jenny Baines

## ENROL NOW FOR AUTUMN 2018 COURSES

Tel: 01954 288751 Email: [community@cvcweb.net](mailto:community@cvcweb.net)

Direct Weblink: <http://community.cvcweb.net>

Facebook Page: Adult Learning at Cottenham Village College

Booking Form – See Page 36

Half-term: Monday 22nd October – Friday 26th October 2018

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



Education & Skills  
Funding Agency



Cambridgeshire  
County Council





## FREE Tasters/Meet the Tutor

All 7pm-8pm on dates below

**Monday 10th September**

*Italian for Beginners PLUS*

**Tuesday 11th September**

*Revive Your Spanish (Beginners)*

*T'ai Chi*

**Wednesday 12th September**

*Carpentry: Design & Build*

*Salsa Dancing Mixed Ability*

## MONDAY

**Applique & Decorative Stitching – 4 weeks 7-9pm**

**Fee: £44/£33 starts 29<sup>th</sup> October**

Customise clothing, add something special to patchwork or decorate accessories. You should be able to use machine straight and zig-zag stitches. Materials extra.

**Art History: Rococo to Impressionism – 10 weeks**

**7-9pm Fee: £110/£83 starts 17<sup>th</sup> September**

For anyone who would like to know more about European painting between 1715–1886. An introduction to the main art movements during this period including the Romantics, the Pre-Raphaelites and Impressionism. Selected artists will be studied each week.

**Acoustic Guitar for Beginners – 8 weeks 7-8.30pm**

**Fee: £66/£50 starts 24<sup>th</sup> September**

An introduction to provide you with basic theory and technical knowledge to continue playing independently after the course. So bring your guitar along to start playing! Ideal for complete beginners.

**Ballroom & Latin Dancing for Beginners – 9 weeks**

**6.15-7.15pm Fee: £50/£38 Starts 17<sup>th</sup> September**

For total beginners who want to explore ballroom and latin dancing with a very experienced tutor who will guide you through a series of steps and dances.

**Ballroom & Latin Dancing Intermediate Level – 9**

**weeks 7.15-8.15pm Fee: £50/£38 starts 17<sup>th</sup> September**

For those with a little experience who want to develop their skills with a very experienced Tutor who will guide you through a series of steps and dances.

**Creative with Clay – 10 weeks 7-9pm Fee: £130/£102**

**includes clay & firing starts 17<sup>th</sup> September**

Explore, create and express your ideas in the versatile medium of clay. Practise techniques including hand building, throwing, decoration and glaze effects.

**Digital Photography – Autumn & Still Life – 5 weeks**

**7-9pm Fee: £55/£42 starts 17<sup>th</sup> September**

We will look at genres, style of shooting and techniques to create images. Bring your own digital camera and learn to shoot in both genres and create your own styles.

**Dichroic Glass Jewellery (Intermediate level) 5**

**weeks 7-9pm Fee: £55/£42 starts 17<sup>th</sup> September**

For those who have previously attended a glass jewellery class. Learn new techniques to develop your designs to create a unique mixture of jewellery. Materials extra.

**Disco Dance: Monday Night Fever – 6 weeks 7-8pm**

**Fee: £30/£23 starts 10<sup>th</sup> September – FIRST CLASS IS A FREE TASTER**

Do you love dancing to disco music from the 70s? Join this fun and welcoming class, all abilities and ages welcome including complete beginners. Learn iconic moves to tunes from the disco era. Let's get dancing... and keep fit too!

**Dressmaking – 10 weeks 12.30-2.30pm Fee:**

**£110/£83 starts 17<sup>th</sup> September**

Learn pattern alterations, cut out, assemble and fit garments. Be guided through the purchase of fabrics & patterns, basic dressmaking techniques and make samples to practice your new skills. Suitable for all abilities. Materials extra.

**Fitness for Mature Movers – 5 weeks 10-11am Fee:**

**£25 TILLAGE HALL, WATERBEACH starts 17<sup>th</sup> September**

Gently stretch and tone in a friendly class, all movements to your own ability which will improve your balance and agility. You really are never too old to start toning those muscles!

**Italian for Beginners Plus (Term 1 of 3) – 10 weeks**

**7-9pm Fee: £100/£75 starts 17<sup>th</sup> September FREE TASTER 10 SEPT 7-8pm**

For those wishing to improve their Italian. This is aimed at those who have studied Italian for at least 30 weeks as beginners. A relaxed and friendly class, learn this beautiful language – bellissimo!

**Pilates for Everyone – (Ploughmans Hall –**

**Willingham) – 10 weeks Fee: £65/£50 10.45am–11.45am starts 17<sup>th</sup> September**

This class involves breathing, centring, balance and control and involves functional movement for everyday life, with standing and floor exercises to improve posture. Mixed ability.

**Pilates for Everyone (Cottenham VC) – 10 weeks**

**Fee: £65/£50 7-8pm starts 17<sup>th</sup> September**

Use controlled mat-based exercises to condition the whole body, improve your posture, reduce stress, and help with 'bad backs'. Mixed ability.

**RYA Day Skipper – 12 weeks 7.30-9.30pm plus**

**3 Saturdays (10am-4pm) Fee: £350 starts 17<sup>th</sup> September**

To equip students with the theoretical knowledge required for a Day Skipper practical course Certificate. Suitable for beginners and those with little or no experience in cruising yachts or motor cruisers. Saturdays: 22 Sept, 13 Oct, 17 Nov.

**Swing Dance: Jive, Lindyhop & Charleston – 9 weeks  
8.15-9.15pm Fee: £50/£38 starts 17<sup>th</sup> September**

Learn a range of swing dances and put together simple routines in each of the dances. Become familiar with a range of swing styles and music genres.

**Watercolour Painting for Beginners – 5 weeks  
7-9pm Fee: £55/£42 starts 17<sup>th</sup> September**

For beginners and those with a little experience. 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  
10am-12noon Fee: £110/£83 starts 17<sup>th</sup> September**

Develop your traditional landscape painting with lots of new colour mixes, tips and 'tricks of the trade'. Materials extra. Course currently full contact us for waiting list.

**Yoga for Beginners – 10 weeks 6.30-8pm Fee:  
£82/£62 starts 17<sup>th</sup> September**

Suitable for all ages and abilities including those who want to go back to basics. Increase your flexibility and work with your breath to relax.

*Not suitable for ladies in the first three months of pregnancy.*

## TUESDAY

**Advanced Textiles Workshop – 5 weeks 10am-  
3.30pm Fee: £137/£103 starts 25<sup>th</sup> September**

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.

**Designer Textiles Workshop – 5 weeks 10am-  
3.30pm Fee: £137/£103 starts 18<sup>th</sup> September**

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.

**Fitness for Mature Movers – 5 weeks 11.30am-  
12.30pm Fee: £25 SALVATION ARMY HALL,  
WILLINGHAM starts 18<sup>th</sup> September**

Gently stretch and tone in a friendly class, all movements to your own ability which will improve your balance and agility. You really are never too old to start toning those muscles!

**Revive Your French (Term 1 of 3) – 5 weeks 7-9pm  
Fee: £55/£42 starts 30<sup>th</sup> October**

Already have some basic knowledge of French? Acquire a greater basic knowledge of vocabulary and grammar to gain confidence speaking, listening, reading and writing.

**Revive your Spanish (Beginners) – 10 weeks  
7-8.30pm Fee: £83/£63 starts 18<sup>th</sup> September FREE  
TASTER 11 SEPT 7-8pm**

For beginners or those with a little knowledge of basic Spanish phrases who want to gain confidence in speaking and be understood. Come along to the free Taster.

**T'ai Chi for Beginners – 10 weeks 6-7pm  
Fee: £55/£42 starts 18<sup>th</sup> September  
FREE TASTER 11 SEPT 7-8pm**

T'ai Chi Chuan is a meditative form of exercise involving flowing sequences of movement which can help to develop calmness and relaxation.

**T'ai Chi for Beginners plus – 10 weeks 7-8pm Fee:  
£55/£42 starts 18<sup>th</sup> September**

For those with a good basic knowledge.

**T'ai Chi for Improvers – 10 weeks 8-9.15pm Fee:  
£69/£52 starts 18th September**

For those with at least one year's experience.

**Yoga for Improvers – 10 weeks 7-8.30pm Fee:  
£82/£62 starts 18<sup>th</sup> September**

For those with at least one year's experience. Increase your flexibility, improve your asana practice and develop your understanding of yoga.

*Not suitable for ladies in the first three months of pregnancy.*

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

**Course:** From Chaucerian Beasts to Postcolonial Canines

**Tutor:** Candice Kent

**Fee:** £54.75 – 10 sessions

We explore the literary representation of animals by examining extracts from writing through the ages

**Start:** 18<sup>th</sup> September 2018

**Time:** 10-11.30am

**Contact:** Liz Milway on 01954 250039

## WEDNESDAY

### **Adult Tap Dancing for Absolute Beginners – 8 weeks 6-7pm Fee: £44/£33 starts 19<sup>th</sup> September**

For complete beginners, this class is designed to teach rhythm, co-ordination, terminology and the steps that are the building blocks for all tap dancing.

### **Adult Tap Dancing Beginners Plus – 8 weeks 7-8pm Fee: £44/£33 starts 19<sup>th</sup> September**

For those who have at least 20 hours previous experience of Tap.

### **Adult Tap Dancing Intermediates – 8 weeks 8-9pm Fee: £44/£33 starts 19<sup>th</sup> September**

For those who have previously completed a year of Adult Improvers Tap, or who have previous experience of Tap to Grade 6.

### **Carpentry Design & Build – 10 weeks 7-9pm Fee: £110/£83 starts 19<sup>th</sup> September TASTER/MEET THE TUTOR 12 SEPT 7-8pm**

Using our top quality, extensively equipped workshop you will design & make a woodwork project of your choice. Suitable for the complete beginner or the expert. Bring your own woodwork materials.

### **Creative with Clay – 10 weeks 7-9pm Fee: £130/£102 includes clay & firing starts 19<sup>th</sup> September**

Explore, create and express your ideas in the versatile medium of clay. Practise techniques including hand building, throwing, decoration and glaze effects.

### **Fabulous Felting for Stitch – 5 weeks 10am-1pm Fee: £82/£62 starts 19<sup>th</sup> September**

Explore creative ideas for baubles, cords, loops and laces; richly textured surfaces, bags and nuno felt. Materials extra.

## THURSDAY

### **Adult Ballet Beginners (Cott Comm Centre) – 10 weeks 9.30-10.30am Fee: £65/£50 starts 20<sup>th</sup> September**

Designed for those with little or no ballet training, this is a great class for having fun and toning the whole body.

### **Adult Ballet Improvers (Cott Comm Centre) – 10 weeks 10.30-11.30am Fee: £65/£50 starts 20<sup>th</sup> September**

A good basic knowledge of Ballet is required, students will learn more complex steps to a wide variety of music styles.

### **Ballet Barre Fitness (Cott Comm Centre) – 10 weeks 11.30am-12.15pm Fee: £50/£38 starts 20<sup>th</sup> September**

Fitness training used by professional dancers. Barre fitness mixes elements of pilates, dance, yoga and the moves are choreographed to music. A great class for keeping fit.

### **Fitness for Mature Movers – 5 weeks 2-3pm Fee: £25 COTTENHAM VILLAGE COLLEGE starts 19<sup>th</sup> September**

Gently stretch and tone in a friendly class, all movements to your own ability which will improve your balance and agility. You really are never too old to start toning those muscles!

### **Free Machine Embroidery for Beginners – 5 weeks 9.30am-12.30pm Fee: £82/£62 starts 31<sup>st</sup> October**

Bring along your sewing machine and explore exciting and creative possibilities by learning the skill of free machine embroidery. For beginners to intermediate. Materials extra.

### **French Conversation Intermediate level (Term 1 of 3) – 5 weeks 7-9pm Fee: £55/£42 starts 31<sup>st</sup> October**

For learners with at least one year's knowledge/experience of French who know the basics and want to develop their skills.

### **Let's Talk English: FREE course for speakers of other languages – 5 weeks 7-8.45pm starts 26<sup>th</sup> September**

English classes for speakers of other languages who want to improve their English in a relaxed and friendly group with a supportive Tutor to build confidence with English in everyday situations.

### **Salsa Dancing Mixed Ability – 9 weeks 7-9pm Fee: £54/£40 starts 19<sup>th</sup> September FREE TASTER 12 SEPT 7-8PM**

A fun and fabulous dance style in a relaxed and enjoyable class. Develop the essential steps, build your confidence and learn combinations to lively Latin music.

### **French Conversation Advanced level (Term 1 of 3) – 10 weeks 9.30-11.30am Fee: £110/£83 starts 20<sup>th</sup> September**

An informal conversation class to develop and improve your French. Learners should have a good knowledge of French with at least 2 years experience.

### **Upholstery – 10 weeks 10am-3.30pm Fee: £275/£206 – starts 20<sup>th</sup> September**

All the correct techniques of Upholstery are covered for traditional and modern furniture. Students bring their own piece of furniture. Materials extra.

### **Upholstery at Rampton Village Hall – 8 weeks 10am-3pm Fee: £248/£186 – starts 27<sup>th</sup> September**

Learn techniques and skills in traditional or modern upholstery. Intermediates may continue to upholster an existing project. Students provide own furniture. Materials extra.

## FRIDAY

### **Upholstery – 10 weeks 10am-3.30pm Fee: £275/£206 – starts 21<sup>st</sup> September**

## SATURDAY DAY SCHOOLS

**Time: 10am–4pm (unless otherwise stated). Fee: £39/£29 unless otherwise stated**

**Please note all students will need to bring a packed lunch for whole day courses. \* = Materials/ingredients extra**

### DRESSMAKING

**3 SATURDAYS 10am – 4pm Fee: £117/£88\***

**Dates: 22<sup>nd</sup> September, 13<sup>th</sup> October and 17<sup>th</sup> November 2018**

Be guided through the purchase of fabrics and patterns. 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. Materials costs are extra. Sewing machines are available to use, however bring your own if you prefer, but if over a year old it needs a PAT Certificate.

### UPHOLSTERY

**3 SATURDAYS 10am–4pm Fee: £117/£88\***

**Dates: 22<sup>nd</sup> September, 13<sup>th</sup> October and 17<sup>th</sup> November 2018**

**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. Intermediates – may continue to upholster an existing project or start a larger project in either modern or traditional upholstery.

**Students need to contact the tutor to discuss their project. Email: lisacrampholstery@gmail.com**

### SATURDAY 22<sup>nd</sup> September

- Bird Painting in Watercolour\*
- Dichroic Glass Jewellery\*
- Indian Street Food\* £42/£32
- Scrapbooking: Creating Family Heirlooms\*
- Patchwork Workshop\*
- Get to know your iPad 9.30am–12.30pm £19/£14 (Free to over 60's ID required)
- Get to know your Tablet 1.30pm–4.30pm £19/£14 (Free to over 60's ID required)

### SATURDAY 13<sup>th</sup> October

- CV Writing 10am–1pm FREE
- Follow up session on 17<sup>th</sup> October 7–9pm FREE
- Christmas Copperfoil Stained Glass\*
- Desserts from around the World\* £42/£32
- Emergency First Aid at Work £70
- Family Crafts: Screen Printing Workshop\* £5 per adult (max 2 children per adult) 10am–12.30pm and 1.30pm–4.00pm
- Willow Festive Platter & Decorations\*

### SATURDAY 17<sup>th</sup> November

- Calligraphy: Decorated Capitals & Gothic Script\*
- Coloured Glass Fusing 9.30am–1.30pm £26/£19\*
- Family Crafts: Christmas Ceramics\* £5 per adult (max 2 children per adult) 10am–1.00pm
- Christmas Dichroic Glass Decorations\*
- Family Cooking – Christmas Yule Log £5 per adult (max 2 children per adult) 10am–1.00pm
- Lino Printing (includes all materials) £48/£36

## BALLET FOR CHILDREN & YOUNG PEOPLE AT COTTENHAM VILLAGE COLLEGE

**Tutor – April Martin (Associate ARBTA & Member BDQT), any enquiries telephone 01954 200533**

E-mail a.r.martin@ntlworld.com or tutusrus@ntlworld.com

**Children need to be confident to stay without their parent/carer – fees not refundable for absence from a class that is continuing to meet. 12 week term – Wednesdays 12<sup>th</sup> September – 5<sup>th</sup> December 2018**

	<u>Time</u>	<u>1 Term</u>	<u>2 Terms</u>	<u>3 Terms</u>
Cj51 Reception & years 1 & 2	4.15–4.45pm	£36	£68	£98
Cj53 School Years 3, 4, 5, 6	5.00–5.45pm	£54	£102	£145
Cj54 School Year 6 upwards	5.45–6.45pm	£72	£136	£194



## BALLET POINTES

### BALLET POINTES with our classically (Vaganova) trained Ballet Teacher April Martin

The dancers excelled themselves at our production of The Stone Flower in May it was enjoyed by all. However we did not rest on our laurels as our contemporary groups SCAMBS Juniors and Seniors did a short show at the end of June as part of Histon Feast and then took part in Swavesey Festival in July. Juniors had their ballet exams in June and all candidates passed with over 50% gaining high marks. Four Year 5 girls were awarded the grade above the one they were taking as their work was outstanding. Some dancers auditioned for the Centre for Advanced training with Dance East in Ipswich and two have been accepted for the Dance East Centre for Advanced Training in Ipswich. Dancers who attend this go onto the big vocational schools at 16+ and Dance East have a 100%

success rate. One of the senior girls has been awarded a place to study for a dance degree at the University of Bedford (part of De Montfort University) from September. Thinking about ballet for your child? New students can join at any age and at any time; lower age limit 3+ so if you want to know more look at my website [abmschoolofdance.co.uk](http://abmschoolofdance.co.uk) or drop me an email to [tutusrus@ntworld.com](mailto:tutusrus@ntworld.com). Looking ahead to 2019 we have Energise dance showcase in Swavesey on 9th February, this event started by me to give dance schools the chance to present their work and share with others has grown into a big event in the local dance calendar with schools from Cambridgeshire, Essex, Suffolk and Norfolk taking part. April Martin (Assoc ARBTA DBS Prevent)

## ENROLLING IN CLASSES – Adult Learning Terms & Conditions

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. Bring or send your booking form to the College, cheques payable to **ASTREA ACADEMY TRUST**. You can also print off a copy of the booking form from our website <http://community.cvcweb.net>  
**Office Hours** – weekdays 9am-2.30pm and Monday–Wednesday evenings 6.30-8.30pm. **Enrolling by phone:** call us on 01954 288751. **Enrolling by email:** [community@cvcweb.net](mailto:community@cvcweb.net) with full details of course, name, address and telephone number. **Enrolling by post:** enclose a stamped addressed envelope if you would like your receipt returned.

#### Enrolment and Fee Policy

- For full course information: <http://community.cvcweb.net>
- You can book your chosen course by completing a booking form and posting it with a cheque payable to Astrea Academy Trust for the course fee (please do not send cash).
- Material charges are not included in the course fee unless otherwise stated.
- We accept bookings over the phone, please have your credit/debit card to hand.
- We welcome enquiries by email but please DO NOT quote your card payment details on email.
- Enrolments are welcome throughout the year.
- Courses with fewer than the minimum number of learners may have the option of continuing on payment of supplementary fees.
- Fees are payable in full at the time of booking a course. We accept payment by all major debit and credit cards, cheques (payable to Astrea Academy Trust) or cash in person.
- Please note, should you withdraw from a course that continues to meet you you will still be liable to pay any outstanding fees.
- Refunds will be paid in full if a class is unable to start due to insufficient enrolments.
- Refunds cannot be given if a course has already started, unless you cancel your place for medical reasons, in which case a Doctor's Certificate is required.
- Concessionary fees are available (proof will be required) if you are:
  - in receipt of the "Guaranteed Credit" element of the Pension Credit
  - in receipt of a means tested benefit
  - in receipt of Job Seeker's Allowance
  - a full-time student

**DATA PROTECTION: OPT-IN to receive information about courses** – if you wish to receive information about Adult Learning courses please go to our website: [community.cvcweb.net](http://community.cvcweb.net) and follow the link to **OPT IN** to enable us to keep you updated regarding courses.

#### Learner Information

- If you have given us your email address, you will receive confirmation of your place following enrolment. Contact Adult Learning 01954 288751 or Email: [community@cvcweb.net](mailto:community@cvcweb.net).
- Please note that we attempt to run classes on consecutive weeks, however if this isn't the case we will let you know the dates in advance as far as possible
- In the event of Tutor illness or school closure due to severe weather conditions resulting in a cancelled class, an additional class may be offered at the end of the course
- Free parking is available (at own risk)
- **PAT Testing** – any personal electrical items used on school premises must hold a current PAT certificate unless under 1 year old, eg: Sewing Machine, Overlocker, glue guns, soldering irons etc.

Cambridgeshire County Council Adult Learning & Skills supports a wide range of Adult Learning opportunities across Cambridgeshire, including courses, clubs, community groups and family learning opportunities. Search website [www.cambsals.co.uk](http://www.cambsals.co.uk) for more information.

#### Equality & Diversity

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+. We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. 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. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

#### Additional Learning Support

We welcome learners with disabilities, learning difficulties, medical conditions and other needs. If you would like to discuss how we can support you to reach your learning aim, please speak to your Tutor or ask for a confidential discussion with the Adult Learning Manager.

#### Safeguarding

We've made arrangements to ensure that you are safe in Cottenham Village College. If you feel you are not safe for any reason, eg. through verbal or physical abuse or you have been discriminated against, tell your Tutor or the Adult Learning Manager, who will investigate to ensure your safety.

**National Careers Service (NCS)** Careers advice is available to all learners. The NCS provides free information and guidance on all aspects of learning, skills development and employment. Help is provided in a way that suits you, on-line, face to face or by telephone. Go to [www.cambsals.co.uk](http://www.cambsals.co.uk) and click on "I need some advice" for more information or phone them on 0845 603 1059.

#### 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.

#### Learning Partners

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

#### 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.



**Cottenham Sports Centre** boasts an array of quality sports facilities; open to the public: 5pm-10pm Mon – Fri. 9am-5pm Saturday & Sundays  
Tel: 01954 288760 or visit: [cottenhamsportscentre.co.uk](http://cottenhamsportscentre.co.uk)

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

- 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

### 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/class please contact 01954 288760 between the times of:  
5pm-10pm Monday to Friday or between 9am-5pm Weekends

FITNESS CLASSES			
Monthly Memberships: Adult: £25		Student & Concession: £20	Adult Annual: £250
Single Session: £5			
<b>Classes</b>			
Monday:	Boxercise	7-8pm	Gymnasium
Saturday:	Circuits	8-9am	Sports Hall
Members Cost:		FREE	
Non Members per Class:		£5	

### Cottenham Tennis Club Membership Fees: April 2018 – April 2019

Juniors (Under 18)	£20
Adult	£40
Family (based on two parents & two Children)	£75
Plus 1 on Family	£10
Wednesday: Club Evening	7.30-9.30pm
Thursday: Children Coaching	5.30-6.30pm
Thursday Match Fixtures & Club Courts Available	6.30-9.30pm
Sunday Afternoon Club Courts Available	10am-3.30pm
50% Discount on Court Fees at other times	

### Professional Tennis 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

### Personal Training

	Half Hour	Hour	Group (2 person)
Single	£25	£35	£50
Block Of 5	£120	£150	£220
Block of 10	£220	£280	£400

### 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) 4:00pm – 5:00pm £72 (Twice a week, 24 sessions)

#### Thursdays

F4H Class (Y) 4:00pm – 5:00pm £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](http://cottenhamsportscentre.co.uk)**



ADULT LEARNING  
BOOKING FORM

TITLE	FORENAME	SURNAME	
ADDRESS			
POSTCODE			
TEL:			
MOBILE:			
EMAIL:			
	COURSE NAME	COURSE FEE £	RECEIPT No.
1.			
2.			
3.			

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Income Based Benefit

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

Full Time Students up to age 18

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



# FECA IN LANDBEACH

## THANK YOU FROM THE TITHE BARN TRUST

As a small charity run entirely by volunteers, we have to say a MASSIVE thank you to all of our volunteers who make the Tithe Barn Trust. Tithe Barn Trust is a small charity and volunteer not-for profit group committed to saving the Tithe Barn, in Landbeach, for everyone to enjoy.

Over the last few months alone, volunteers have welcomed local pre-schoolers to the Tithe Barn, written grant applications, cleaned the barn and even performed Shakespeare and held a concert at the barn. The energy and enthusiasm continues to grow as the project gathers momentum.

If you would like to get involved and be a part of saving this special building, then get in touch. We're currently recruiting events volunteers to help us set up and run events and public open days. If you have a welcoming and approachable manner with a can-do attitude, then get in touch. You will have the chance to make a real difference to a friendly and supportive charity at a time of significant development. To find out more contact Gemma O'Shea on 07986 717958 or email [tithebarntrust@gmail.com](mailto:tithebarntrust@gmail.com)

The Tithe Barn Trust believes the medieval Tithe Barn, with thatched roof, brick threshing floor and timber granary, to be unique to Cambridgeshire and even of national significance. It is one of the few Tithe Barns in the country still standing next to its medieval rectory. Over 90% of Tithe Barns in the UK have been converted and their historic features are being lost forever. Sadly, the Landbeach Tithe Barn is in a poor condition and deteriorating.

You can help our restoration quest by sponsoring a sheaf at [www.totalgiving.co.uk/mypage/TitheBarnTrust](http://www.totalgiving.co.uk/mypage/TitheBarnTrust)

### Tithe Barn Events

**Holiday Fun**, Sunday 26th August, 1pm-4pm

Storytelling, I-Spy, dressing up and traditional games for all the family.

**Heritage Open Day**, Sunday 9th September, 1pm-5pm

Find out more about timber frame repairs, have a go at threshing wheat, grinding grain to flour, or make your own corn dolly.

# Tithe Barn Trust

Registered Charity  
Number 1167108



**Apple Gifting**, Sunday 21st October, 11am-3pm

Begin your own apple gifting tradition. Get hands-on and decorate an apple with twigs, rosehips and candied fruit. In the past these were offered around the community as a sign of friendship, good health and good luck.

**Outdoor Gym**, Saturday 10th November, 10am-1pm

Get active and involved and help us tidy the hedge and grass track to the Tithe Barn. The barn will be open to visit too.

### How to find the Tithe Barn

The entrance is opposite 2 Waterbeach Road, Landbeach, Cambridge, CB25 9FA.

Walk along the uneven grassed track.

Admission is free to all of our events, but donations welcome towards the restoration of the Tithe Barn.

Visit [www.tithebarntrust.org.uk](http://www.tithebarntrust.org.uk) to find out more about the Tithe Barn Trust and our events.

## MANAGING OUR LOCAL NATURE RESERVE

### Friends of Worts Meadow (FOWM)

It's hard work keeping a garden in order; wilderness soon returns if it is neglected. We manage our gardens to be pleasant and relaxing places and/or to be a habitat for wildlife. It's no different with a nature reserve except that the priority is to manage it for the wildlife rather than us, but that usually also makes such reserves wonderful places for us to visit as well. The trouble is that management takes time and money, both in short supply from hard-pressed Cambridgeshire County Council (County Farms) who own Worts Meadow and Bourne Wood. This

*Continued on p39*



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# FECA IN LANDBEACH

*Continued from p37*

is where FOWM volunteers come in, by giving practical time and energy in the form of 'work parties'.

This spring and summer we have been concentrating on clearing invading scrub and brambles around our ponds, which support Great Crested Newts (GCNs) as well as an abundance of other water creatures. Water Voles ("Ratty") have also been seen. Our March Amphibian Walk, led by the national charity 'Froglife' armed with powerful torches, showed healthy populations of GCNs much to the excitement of the attending children (and the adults). Without management the ponds would become unsuitable for the newts, which like shallow ponds with submerged plants on which to lay their eggs. We have also created clearings in the wood to encourage wild flowers and especially orchids of which we have at least three species. Bourne Wood used to be a grass field and these are probably remnant populations from around 30 years ago. Recording the wildlife is also important – you can't manage the habitat properly for wildlife if you don't know what you've got in the first place. It's also fun and by the time you read this we will have completed our first 'Bioblitz'. This should add



to our lists which already include some 50 birds, 9 mammals, 136 moths and 100 flowering plants (including grasses).

Working outdoors in our 'green gym' is fun, fascinating and gets you fit! So do join us on one of our working parties or at any of our public events. FOWM volunteers help with the practical management of Worts Meadow Local Nature Reserve in Landbeach. It is free to join. Our open events provide the chance to learn about and enjoy the wildlife of the site and help with recording. For more information contact Frances Dipper on 01223 861836, frances.dipper@sustenergy.co.uk or see our Facebook page Friends of Worts Meadow.

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# FEN EDGE PARISH COUNCILS

## COTTENHAM

### Neighbourhood Plan

Our Regulation 14 consultation is ongoing until 7th August so if you haven't already commented you can do so by sending comments (stating the paragraph or policy reference) to [cottenhamnp@gmail.com](mailto:cottenhamnp@gmail.com). Please remember to include your name and postcode. A full copy of the Plan is available on our website – [www.cottenhampc.org.uk/neighbourhood-plan](http://www.cottenhampc.org.uk/neighbourhood-plan).

### Armistice Centenary

There will be a nationwide Day of Commemorative Events marking the Centenary of the end of the First World War on 11th November consisting of a number of 'fixed' elements in addition to the usual village ceremonies. 6am: 1,000 individual Pipers across the United Kingdom and countries around the world commence the day's commemorations with the traditional Scottish lament played at the end of battle – "Battle's O'er;" we hope to have a piper stationed by the war memorial. In the evening events will be centred on the Village Green. 6.55pm: 1,000 individual buglers sound "The Last Post" at locations across the nation and UK overseas territories. 7pm: Over 1,000 beacons are lit to symbolise an end to the darkness of war and a return to the light of peace. 7.05pm: 1,000 cathedral and church bells ring out across the nation, and beyond, in celebration of peace. We are also working to bring together a number of other events during the day including an exhibition and afternoon tea so please look out for further information.

### Village Hall

At the time of writing our full planning applications for a new village hall and nursery have been submitted and we hope to receive the outcome around the end of August. The plans are available on our website. If you have any suggestions for possible community usage please contact us.

Jo Brook, Parish Clerk

[clerk@cottenhampc.org.uk](mailto:clerk@cottenhampc.org.uk)

Parish Office - 07503 328401

[www.cottenhampc.org.uk](http://www.cottenhampc.org.uk)

[www.facebook.com/cottenhamparishcouncil](https://www.facebook.com/cottenhamparishcouncil)

## LANDBEACH

The Parish Council refused the Planning Application for the construction and development of a Waste Recovery Facility at Levitt's Field, Waterbeach Waste Management Park.

They also refused the application for up to 6,500 dwellings at Waterbeach Barracks on the grounds that

they have not seen any mitigation for the impact on A10 transport links and issues need to be addressed before any decision is made.

## RAMPTON

### Thank you to the outgoing Councillors

This year Councillors Linda Cawley, Janet Eden and Martin Markey stood down, and we would like to thank them for their valuable contributions and service to the community over the past years.

### Rampton's New Parish Council Councillors

We are pleased to welcome Nathan Horne, John Garstang and Helen Scrivner as recently appointed Councillors and wish them well in their duties. We would also like to thank all the candidates who stood for co-option this year and their genuine interest in improving the village.

### Meetings

The Councils remaining scheduled meetings for 2018 are on Monday 3rd September and 5th November from 7:30-9:30pm.

## WATERBEACH

There are a number of major developments proposed for Waterbeach; the Waterbeach Parish Council website has a Major Planning Issues tab where we try and keep the key papers together. The most recent proposal is the planning application from RLW Estates for the development of the barracks land. The papers are now available to view on the South Cambridgeshire District Council planning website and the reference number is S/2075/18/OL.A deadline of 25th July has been set for comments to be fed in to SCDC. There are many documents on there but the best ones to give you an overview of what is proposed are the non-technical summary, the illustrative Masterplan and the planning and delivery statement.

The work to transform the old skate-park on the Recreation Ground into a wheeled park for toddlers is about complete. Additional graphics will be added in the coming weeks but the park is already proving popular and provides an attractive space for little ones to play in. On Saturday mornings between 10-11am you can take advantage of some free tennis coaching on the courts at the Recreation Ground. Parktennis is a free active tennis session for players of all ages and abilities. For more information go to [www.parktennis.org](http://www.parktennis.org). The courts are therefore not available to other users between 10-11am on Saturday mornings.

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# FEN EDGE PARISH COUNCILS

## Willingham Parish Council

Following the elections and two co-options, the Council now has a full complement of Councillors (details below). We also now have two new District Councillors, Councillor Dawn Percival and Councillor Bill Handley. The Council's annual report has now been issued and anyone wishing to read it can pick one up at the Parish Office, Library, Medical Centre and it is also on the

Parish Council website.

Forward notice - the Council are hoping to continue with the very popular installation of the Christmas tree and lights on the Village Green this year.

Full Council meeting dates between August and November are: 1st August, 5th September, 3rd October, 7th November. All take place in the Octagon at St Mary and All Saints Church, Church Street

## Willingham Parish Council

J Anderson		<a href="mailto:cllr.anderson@willinghamparishcouncil.gov.uk">cllr.anderson@willinghamparishcouncil.gov.uk</a>
D Carlton	Parish Council Vice Chairman	<a href="mailto:cllr.carlton@willinghamparishcouncil.gov.uk">cllr.carlton@willinghamparishcouncil.gov.uk</a>
A Cook		<a href="mailto:cllr.cook@willinghamparishcouncil.gov.uk">cllr.cook@willinghamparishcouncil.gov.uk</a>
S Croft		<a href="mailto:cllr.croft@willinghamparishcouncil.gov.uk">cllr.croft@willinghamparishcouncil.gov.uk</a>
R Croucher	Halls – Lead Councillor	<a href="mailto:cllr.croucher@willinghamparishcouncil.gov.uk">cllr.croucher@willinghamparishcouncil.gov.uk</a>
N Harris		<a href="mailto:cllr.harris@willinghamparishcouncil.gov.uk">cllr.harris@willinghamparishcouncil.gov.uk</a>
L King	Leisure & Amenities – Lead Cllr	<a href="mailto:cllr.lking@willinghamparishcouncil.gov.uk">cllr.lking@willinghamparishcouncil.gov.uk</a>
P King	Parish Council Chairman	<a href="mailto:cllr.pking@willinghamparishcouncil.gov.uk">cllr.pking@willinghamparishcouncil.gov.uk</a>
D Law	Planning Committee Chairman	<a href="mailto:cllr.law@willinghamparishcouncil.gov.uk">cllr.law@willinghamparishcouncil.gov.uk</a>
R Manning	Green & Boundary – Lead Cllr	<a href="mailto:cllr.manning@willinghamparishcouncil.gov.uk">cllr.manning@willinghamparishcouncil.gov.uk</a>
B Mansfield		<a href="mailto:cllr.mansfield@willinghamparishcouncil.gov.uk">cllr.mansfield@willinghamparishcouncil.gov.uk</a>
S Mellows	Cemetery – Lead Councillor	<a href="mailto:cllr.mellows@willinghamparishcouncil.gov.uk">cllr.mellows@willinghamparishcouncil.gov.uk</a>
J Smith		<a href="mailto:cllr.smith@willinghamparishcouncil.gov.uk">cllr.smith@willinghamparishcouncil.gov.uk</a>
R Tassell		<a href="mailto:cllr.tassell@willinghamparishcouncil.gov.uk">cllr.tassell@willinghamparishcouncil.gov.uk</a>
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## THE YELLOW BOOK

It's all quiet in the garden now. The sun is out, and it's warm. We're all sat round a table on the patio, and someone's pouring wine. Bliss. The time is 6.20pm on Sunday, June 10th. The NGS open day in Ely is at an end. The last visitors have just left, the steam engine is simmering quietly to itself as it cools down and we're all still vibrating slightly from having around 500 people visit our garden in a four hour period.

We opened six gardens in Ely in total, and raised some £1926.00 for the National Garden Scheme. We were all in agreement that it had been a good day, and worth the effort. You know how it is; if you have visitors coming, you probably clear up a bit, and so it is with this. We enjoy talking to people, sharing ideas and expertise with them so that we can all grow a little from the experience. It's encouraging when someone is enthusiastic about your work, and good when someone is able to tell you, for instance, how they made their Bird of Paradise plant bloom. It's also good to be able to be part of a scheme that donated three million pounds to charities last year.

As part of the publicity, I'd appealed for people who would be prepared to show their garden under the NGS banner next year. I've had several enquiries, which is quite exciting, as some have never opened before. The thing is though, that people think that their garden isn't good enough to show. This is a pity, as it's always a pleasure to see what other people do on their patch, whatever its size. These days, anybody moving into a new house will face the twofold challenge of trying to cultivate whatever the builders have left them, and size! From that point of view, it's good to talk to people who garden in small spaces, and share ideas. I keep emphasising to people who are interested that, yes, a garden has to be interesting, but that it's not a Chelsea style presentation, but more of a celebration of what people can do. The idea is to send visitors away with the feeling that they've seen things that they could do too.

The NGS produce the Yellow Book, which lists nationally gardens that are open in different areas of the country. You may be familiar with the county edition, which is available from garden centres, and other shops and establishments locally. The Yellow Book is great if you travel a lot, and will lead you to open garden weekends, individual gardens that open by appointment and those that have individual open days. I would encourage you to make the effort to patronise

these events – and garden open events raising money for other charities. It's a pleasant way of giving money to good causes, and will leave you with a wealth of ideas for yourself, as well as letting you see places that you wouldn't otherwise be aware of.

What's it like to open? I'd be lying if I said that it wasn't an effort. The planning begins well in advance. If you're a gardener, you already know that. It takes your time, which is more precious than money. There will be the odd panic when things don't appear to be coming into bloom. (One year, I met half of the Ely gardeners at a local garden centre, buying anything in flower. It happens.) Like all good weddings, there's stuff you can only do at the last minute. This can be, er, exciting. On the other hand, there is the payback of watching people wander round your garden, and realising that they actually wanted to see what you have done. You gradually collect a band of helpers, who will man the gate for you, sell plants, or be on hand to talk to people about plants. This can be rewarding in developing a friendship with other people with whom you share a common interest, as you band together to do something nice, bringing pleasure and benefit to others.

So, how about it? Do you want to join the visited? Don't dismiss the idea; consider it. Get hold of the Yellow Book for details, or contact [hello@ngs.org.uk](mailto:hello@ngs.org.uk). A quote: 'What I enjoyed about the gardens is that, as well as a special quality, they offer up something so personally 'home-made' and are 'real'.

Oh yes. The train? Well, another time. The wine's poured, and I'm four words over my limit!

**Ken Ellis**

Cottenham Gardeners' Club

## WILLINGHAM GARDENING CLUB

Willingham Horticultural and Craft Show will take place on Saturday 1<sup>st</sup> September 2018 at Willingham Primary School. This is a popular traditional village event.

The usual classes for adults and children will be: fruit, vegetables, flowers, plants, flower arranging, home crafts, art, textile art, crafts and photography. Schedules will become available in July at Willingham Library, Post Office, Rainbow Crafts, Berrycroft Stores, Highgate Farm, Bushel Box. A copy can be e-mailed contact Carol Bailey on 01954 260794.

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# FEN EDGE FOOTPATH GROUP

## WALKING WITH THE FEN EDGE FOOTPATH GROUP

The Fen Edge Footpath Group is a friendly, sociable and non-competitive walking group that organises free to join social Saturday walks once a month, either locally or slightly further afield. The distance walked is between 5 and 10 miles. We normally meet up at the Village College for car sharing. We also organise two walking weekends away each year one in May visiting the Peak District and an Autumn weekend not too far away.

This spring we decided to visit Ilam Hall, which is set in spectacular park land, which some of us remember from our field trips when we were at the Village College. Saturday morning after making our sandwiches and having an excellent breakfast we set off along the river to Mill Dale passing Thorpe Cloud and the stepping stones on the way. We had an excellent walk arriving back mid-afternoon. Most of the group decided they would eat Ice cream and explore

the park. Three of us decided to climb Thorpe Cloud; after a steep climb we were rewarded with a fabulous view of the surrounding countryside. A quick descent was followed by a well-deserved pint in the Izaak Walton Pub, a perfect way to end the day. On Sunday we did a shorter walk before returning to Cottenham.

If you would like to join us our September walk is Saturday 15th September 2018. Meeting at the Village College at 9.30am. <https://sites.google.com/site/fenedgefg/home>



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# JUST STOP AND TAKE A DEEP BREATH

## WHIRL & TWIRL

We live in a world in which barriers have been torn down and travelling to distant lands is a reality. Yet many of us, despite the opportunities, have pulled up the drawbridge and chosen to immerse ourselves in an imaginary world created by the entertainment industry. Families and communities have suffered to the point that the only way to meet someone is on-line.

Fortunately, communities are fighting back and this publication and organisation is one example. Amongst the pages you will notice references to a number of organisations with varying activities and opportunities. If you read anything that sparks an interest take a chance give it a go. Becoming involved in an outside activity can be a life changing experience. Re-learning social skills and becoming involved can be both liberating and rewarding. Whirl & Twirl is one such club. Last spring it held an open day alongside the Community Centre Coffee Shop and from the interest launched a class of student dancers. Over the year they have covered Cha Cha and Rumba and are now putting the finishing touches to Two-step. Suzanne who leads the group is extremely proud of the progress

they have all made. The classes differ from the traditional ballroom in that figures are cued to the dancers who have no need to learn a whole dance. The dancers are from a wide range of backgrounds and have a very mixed range of abilities but despite this all enjoy a fun packed evening of mental and physical exercise.

During the celebrated Fen Edge Festival just a month after the class started Whirl & Twirl performed a number of dance routines in the main marquee and then invited participation from the watching crowd. Students and participants enjoyed a selection of Rumba figures to the delight of all.

Suzanne's teaching efforts have not gone unnoticed by a national organisation who have recently awarded her with a very special national award. She was quick to dedicate it to her special class of students and dancers, back in Cottenham, without whom she would not have been able to make a success of the Club.

If you would like to know a little more about Whirl & Twirl or cued ballroom then email them at [whirltwirlrdc@gmail.com](mailto:whirltwirlrdc@gmail.com) or give Suzanne a call in the evening on 07958 545754.

**Stephen Pearson**

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# FEN EDGE TWINNING ASSOCIATION

## A STUNNING ANNIVERSARY WEEKEND IN FRANCE

At the beginning of May, a group of about 50 residents from Waterbeach, Landbeach, Cottenham, Rampton and Willingham were treated to a fabulous weekend of celebrations in Avrillé in the Loire Valley. There was a mix of formal ceremony and general entertainment to commemorate the twenty successful years of twinning between the Fen Edge and Avrillé and an amazing forty years of partnership between our hosts Avrillé and their German twin town – Schwalbach am Taunus.

On Saturday morning, the artwork which had been prepared by various schools in the three twinning areas was shown to the crowd by a mix of young German, French and English twidders. They then released doves to mark the end of the formal celebrations. Later that day, there was a village festival showcasing local groups and games before ending with a spectacular evening of music. Those who stayed late into the night were rewarded with a memorable finale of *Purple Rain*.

The events continued on Sunday with a trilingual service partly led by our own Brian Macdonald-Milne and a walk through the local countryside. The whole group, 199 people in total, were then treated to a leisurely banquet. My son wolfed down his main course and declared it delicious, unaware that it



was his first taste of foie gras and veal! We were entertained by music from the German youths and an impromptu rendition of *Happy Birthday* for one of the English members. The weekend finished with a more relaxed meal at home in smaller groups of families and at our dinner, the children bonded while trying to avoid the earthworm or earwax Harry Potter jelly beans. It was great to see how well everyone got along with all different levels of language ability.

The weekend was busy but there was also plenty of time to relax and to get to know our hosts. In November 2018, it will be our turn to return the hospitality and welcome a group of French guests.

We would thus welcome new members who would be interested in getting involved as hosts and in the future trips to France.

Before that we will be holding a quiz in the autumn. This is a great way to meet the people involved in the twinning. If you are interested in taking part in the twinning as a singleton, a couple, a family or as part of a local group, please contact Julia Gwilt ([juliagwilt@gmail.com](mailto:juliagwilt@gmail.com)) or Kit Kilgour ([kitkilgour@yahoo.co.uk](mailto:kitkilgour@yahoo.co.uk)).



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# FECA IN COTTENHAM/WILLINGHAM

## COTTENHAM MOBILE WARDENS

Do you like chatting to people? Do you have a caring nature? Do you have a few hours to spare? If so you might be interested in joining our team on the Cottenham Mobile Warden Scheme. The scheme was set up as a charity in 1997 to support elderly people living alone in our village. Each morning one of our wardens telephones each of our members to check all is well; and once a week they make a visit. At weekends and when our wardens are on holiday, volunteers take over the duties; and they would love to be joined by another one or two volunteers. Maybe you could be one. Please call Pat Robertson on 01954 200080 to volunteer or find out more. Alternatively, if you or your elderly relative would like to become a member please also call Pat. The member must live in Cottenham.

## WILLINGHAM FEAST 2018

The organisation of Willingham Feast is well under way and we are looking forward to several weeks of fun-filled activities in late September and October. Although the planning for most activities is already well advanced there may be some variations so nearer the time please check events on our website [www.willinghamlife.org](http://www.willinghamlife.org) or in the parish magazine, Willingham News. Residents of Willingham will receive a full programme through the letterbox. The Feast kicks off with a repeat of last year's very successful Beerfest at Willingham Social Club on 28/29th September. There will be lots of great beers along with spirits and wine on sale, good food and live bands. On the following day, Sunday, we are planning a 'dog activity day' with lots of different competitions. On Thursday October 4th we expect the Funfair to open on the Green until Saturday and on Thursday evening we have an exhibition of 'Old Willingham' with slideshows, old videos and a panel to answer questions and lead discussion. The following day, Friday, there is Custard Comedy at the Social Club followed on Saturday afternoon by a yard sale organised by Willingham School Association and in the evening by our regular Feast event, the wine quiz and with live music too! Also, over the weekend of the 6/7th October there will be displays by local artists, hopefully the photographers will be in their usual place in the Public Hall, and on the Sunday afternoon we have a guided tour of the most historic wall paintings in Saint Mary and All Saints Church. On Saturday October 13th there is a Soul and Motown disco at the Social Club and on Saturday October 20th a fancy dress family disco at the Ploughman Hall run by Willingham Youth Trust. Details of timings, ticketing, etc. will appear on our website and in the programme nearer the

time and there will be additions to the events listed above.

**Mike Tidball – Willingham Action Group**

## MINIBUSES FOR HIRE

Does your group need to use a minibus sometimes, to go on outings, fixtures, or to get your members to events? Did you know that if your group is a member of the Fen Edge Community Association, you can hire Cottenham Village College's minibuses? Here is what you need to know:

1. It is a major benefit of FECA membership that local groups can hire the college's 3 minibuses.
2. The minibuses hold 17 people, including the driver.
3. At least one member of your group will need to take a test in order to become a qualified minibus driver. These tests can be arranged through the college and cost £75 per person, providing three people take the test at the same time. Once a driver has passed their test, they are qualified to drive for 5 years, before they need to be re-tested. These drivers need to have D1 on their licence, or they will need to attend training to get this qualification first.
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# FECA IN WILLINGHAM

## WILLINGHAM BEER FESTIVAL

The Willingham Beer Festival will be held on **Friday 28th and Saturday 29th September** at the Willingham Social Club. This will be as part of the Willingham Feast celebrations and in association with the Willingham Action Group and Elgoods Brewery. Includes music and food. See [www.willinghambeerfestival.co.uk](http://www.willinghambeerfestival.co.uk) for updates (Not to be confused with Willingham Craft Beer Festival).

## IT'S A KNOCKOUT COMES BACK TO WILLINGHAM

On **Saturday 8th September 2018** 11am-4pm, the Willingham Youth Trust are organising an *It's A Knockout Challenge* day, being run by a well-established and reputable partner company We're a Knockout ([www.we-are-a-knockout.co.uk](http://www.we-are-a-knockout.co.uk)) who have worked with us previously as well as Tesco, Asda, HSBC, the RAF and the Girl Guides.

Worked into a wider family fun day, we are looking to recruit up to 24 teams of 12 to compete in a variety of giant inflatable, obstacles and ridiculously-dressed teams to compete for the trophy and winners mantle. Groups can come from local companies and organisations but also from community groups and clubs.

With a bar, food tents, younger children's football fun hosted by KickStars, pop up tea and cake, crafts, face-painting and much more we are hoping again

to get wide involvement from the whole village and community and raise the much needed funds through a fantastic day and experience for all.

When: Saturday 8th September 11a.m.-4p.m.

Where: Willingham Recreation Ground

Community Teams: of up to 12 members, minimum age 8 years – £250

Corporate Teams / Sponsored Teams: of up to 12 members, minimum age 8 years – £450

All of the funds raised will go towards the continuous provision of youth club sessions each week during term time and upkeep of the youth centre. These costs upwards of £6000 a year for the youth club on top of the £6000 plus that it takes to run the Youth Centre. These costs include supplying a qualified Lead Youth Worker and Assistants to run the youth clubs plus all the costs such as internet access for the coding club that currently runs three times a year for up to 20 young people and maintenance of the building including insurances, memberships, utilities and provision of other resources that enable us to continue to raise funds for the ongoing delivery of activities and delivery of fun activities for the community to enjoy.

Spaces are limited for the event so book early at

[www.willinghamyouthcentre.com](http://www.willinghamyouthcentre.com) or

email: [enquiries@willinghamyouthtrust.org](mailto:enquiries@willinghamyouthtrust.org)

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**Willingham Youth Trust**





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# FECA IN WILLINGHAM

## WILLINGHAM WHEELS – 'SOFA TO 50K' – UPDATE

Just after Easter, Willingham Wheels started their **Sofa to 50k** programme.

Have you heard of the Couch to 5km training plan? The idea is to transform you from 'couch potato' to 'runner', getting you running three miles (or 5k) on a regular basis in just two months.

Sofa to 50k is a similar idea, put together by British Cycling, to encourage people to dig their bikes out of the shed and get riding!

The programme consisted of rides of increasing distance and difficulty over an 8-week period, culminating in a 50km (30 mile) 'graduation' ride on 3rd June.

We'd like to thank Chérie, David, Fiona, Josh, Nic, Phil and Steve for taking part and congratulate them all for successfully completing the challenge,



which included a trip to the Cambridgeshire Alps! (Chapel Hill between Haslingfield and Barrington). Our intention will be to run the programme again. It is ideal for the complete cycling novice

who is looking to start cycling for health, fitness, recreation, commuting or perhaps to tackle a challenge or charity ride up to 50k (30 miles) long. Under 16s are most welcome but they must be accompanied by a parent or guardian.

Rides will usually be on Tuesdays, Thursdays and Sundays and time commitment ranges from a minimum of 1 hour 30 minutes to a maximum of 6 hours 30 minutes per week.

We don't currently have a start date in mind, but we are taking details of anyone that might be interested.

If you're interested in taking part or want to find out a bit more, please contact Nigel Leaney on 01954 201089 or nigel.leaney@outlook.com



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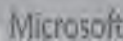
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## LAST WORDS

Greetings fellow Fen Edge Patch-dwellers. This is your editor speaking. I've newly taken on this role, having recently almost retired, and am still getting to grips with it. If you see something in the FEN you don't like – let me know.

As editor/photographer, I've had the pleasure of photographing a couple of cheque presentations. For this issue, Martyn Leeks and I had a very pleasant trip to meet the folks at the Motor Neurone Disease Association and pass on the proceeds of the Cottenham Fun Run. (Sorry, but to me that is an oxymoron).

But I'm not new to village life, having lived on Lambs Lane in Cottenham for 31 years, and been a governor at CVC. I think that living in a village is perfect. You can get to know folks, and find local activities of all sorts.

As an editor, communication is important to me. There are multiple ways that FECA members can communicate to local patchees.\* Apart from this publication, there is the FECA website (fenedge.co.uk), and the Facebook page (facebook.com/

fenedgenews) where we can put up notices about events at much shorter notice than this magazine. Email me for details.

However there is more to life than printed or electronic communication. I imagine we've all seen a bunch of people together physically, but all wrapped in their own electronic world. While Facebook, Messenger, WhatsApp, Snapchat and so on, enable communication with those distant from us, their use should be balanced, IMHO, with a real-world person-to-person interaction paradigm.\*\*

This edition illustrates the wide range of possibilities we have in our villages: cuddly toys, social care, health, gardening, sports, education, church, environment, twinning, feasting and knocking-out. Why not do something new and non-electronic this summer?

The next copy date is 29th October 2018.

Adrian Stephens, your fearless FEN editor (editor@fenedge.co.uk).

\* If Humpty-dumpty can do it, so can I.

\*\* I claim 50 bonus points for excessive use of jargon.

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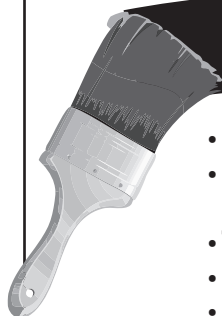
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