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

#### Contact Us

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www.fenedae.co.uk



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fenedaenews

Copy date for next issue: 24 February 2020

Registered Charity No. 293020

#### New Year 2020

Chair's Message

9-27 Cottenham

All Saints', Friends of All Saints', Cottenham Care Car,

Cottenham Toy Library

Girlguiding - Cottenham, Cottenham PTCA, П

Cottenham Bowls Club

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Club, Cottenham Charities 15 Cottenham WI. Stitchwild

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Cottenham Cricket Club

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Rampton Action Group, Rampton Village Hall,

Rampton Charity Horse Show

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Cambridgeshire Bird Club, Friends of Worts Meadow 51

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57-59 Fen Edge Twinning Association; Fen Edge Orchestra

Rotary

63 Fen Edge Archaeology, Crazy Golf and Re-usable cups





## CHAIR'S REPORT - FEN EDGE FESTIVAL 2019



Once again, we enjoyed a memorable weekend of music, food and activities and the weather was very kind to us. I believe that the festival represents all that is good about village life—a very spirited and dedicated group of people come together to deliver this very special event. Consequently, there are a lot of

people who were involved and who need to be thanked. The festival organising committee was a great team. These are the people that really make the event happen. The committee comprised Lucy Dumbrell, Rebecca Norman, Amy Pledger, Bob Turner, Tom Wykes, Paul Knighton, Linda Cockburn, Peter Haigh, Simon Bye, Simon Heath, Paul Mappledoram, Will Stockford, Alan Mappledoram, and Annabel Gerrard-Croxon.

In addition, there were many people who helped with the running of specific events, participated in shows and demonstrations or helped on stalls or hosted a festival signboard. We also had over 100 volunteers. It is easy to miss the role they play in making the event run smoothly and safely. Thank you to all of you who volunteered. The roll of honour is Sue Arnold, Graham Arnold, Louise Augarde, Kathryn Aybak, Tunc Aybak, Paul Beastall, Wayne Bell, Rebecca Bell, Richard Blakesley, Tricia Bradley, Matt Bradney, Fi Bradney, Nick Bryant, Marielle Burgess, Tim Bustin, Sara Bustin, Rex Collinson, Louise Cooke, Julian Cooper, Geoff Cornwell, Sally Cragg, Andrea Cramp, Martin Croxon, Christian Dahlqvist, Wendy Dear, Carly Foss, Liz Gander, Rachel Gibson, Alice Gough, Matt Graves, Richard Gymer, Lucy Hall, Peter Hewitt, Marie Claire Hiscock, Charlotte Hobley, Charles Hobley, Gaynor Hollander, Noel Hughes, Kerry Hunt, Helen Hurworth, Tracy Hutchison, Jane Hutchisson, Adrian lent, Nick Johnson, Paula Johnson, Alison Jones, Lin Joyner, Michael Kaloo, Caroline Lee, Andrew Lee, Trudy Lee, Martyn Leeks, Steven Libby, Linda Lloyd, Todd Lowings, Benoit Macon, Richard May, Justin McCann, Neil McDiarmid, Emma Mcaughan, Emma Morel, Liz Morris, Greg Mould, Moyra Mould, Monica Musgrave, Damyn Musgrave, Kay Neish, Marzia Neri, Matthew Palmer, Nick Parker, Pri Pinnaduwa, Andy Pledger, Nicola Pledger, Cilla Reid, Liz

Roberts, Carol Robinson, Deborah Robinson, Bruce Robjent, Irene Robjent, Douglas Robson, Kaye Rooney, Andrea Sabbatini, Mel Saunders, Rob Saunders, Ben Shimmens, Rachel Shore, Vyv Simpson, Mike Smith, Sue Smith, Beth Stevens, Leon Stone, Daniel Stone, Jenny Swindell, Simon Thomas, Andrea Thomson, Samantha Upham, Yvonne Walsh, Laura Webb, Julie Welford, Steve Whyatt, Rachel Whyatt, Andrew Windebank, Dani Wykes and the numerous ATC Cadets. My sincere apologies if you helped but your name was omitted—thank you all the same.

We received invaluable financial support from sponsors. Particular thanks go to Cottenham Parish Council and the team there who not only sponsored the event but also enabled us to use the Village Green and ensured it was perfectly prepared. Thanks also to Cottenham Village College who also allowed us to use its grounds and facilities. Our sponsors were Malary, Bellway, Durman Stearn, Giuseppe Piran, Gas Monster, Voland Roofing, Cambridge Glassblowing, Clear Glass, Excelcare, BV Services, Lynx Autocare, S. R. Harradine, The Curry Palace, Amey Cespa, Aviva Community Fund, Steve Davies Creative, Travis Perkins, Haart, Polarglaze, Dentons Carpets, Speckled Frog Web Design and Screens & Graphics. We used their generous financial support to ensure that the main events were free (like the evening concerts, junior disco and children's entertainment) or subsidised (like the crazy golf, the "last man standing" and the carousel).

Festival final accounts	
Income (£) Sponsorship & Donations Stalls Profit from Food & Drink Fundraising and Misc.Activities Total Income	13,666 6,915 4,855 2,575 28,011
Expenditure (£) Facilities Net cost of Free/Subsidised activities Entertainment Marketing and Sundries Total Expenditure	10,404 3,158 1,946 2,868 18,376
Total Surplus	9,635

Of this surplus, £4,800 was passed on immediately to FECA member organisations and the balance retained by FECA for future grants to other organisations. The main beneficiaries from the Festival were Rampton Friday Club, Sustainable Cottenham, Willingham Youth Trust and Cottenham Tennis Club, which each received £1,200. Including the additional amounts raised directly by FECA member organisations over the weekend, at least £15,000 was raised for charities and community organisations in the Fen Edge.

So finally, thanks to all of you who attended. I hope you enjoyed it!

Neil Gough

Chair, Fen Edge Community Association

## **FEN EDGE EVENTS DIARY**

### What's on and when in the villages

#### **DECEMBER**

**Sun I 4–5pm** All Saints' Church – Christingle Service at All Saints' Cottenham (p9)

**Sun I 5pm** All Saints' Church – Christmas Tree Festival at All Saints' Cottenham (p9)

**Sun I 7:30pm** Cottenham Community Centre – Cinema (p13)

Mon 2 7:30pm Willingham Gardening Club – Members' Christmas Party at Willingham Social Club (p45)

Wed 4–Fri 6 7:30pm Cottenham Theatre Workshop – Christmas Pantomime: Sleeping Beauty at Cottenham Village College (p27)

**Thu 5 5:30–7:30pm** Cottenham Primary School PTCA – Winter Fair at Cottenham Primary School (p11)

Fri 6 6-8pm Rampton Friday Club – Club Night: Safe indoor hang out for 5-14yrs at Rampton Village Hall (p39)

**Sat 7 10am** Cottenham Community Centre – Singing for fun in the Coffee Shop (p13)

Sat 7 Ipm Cottenham Theatre Workshop – Christmas Pantomime: Sleeping Beauty at Cottenham Village College (p27)

Sat 7 5pm Cottenham Theatre Workshop – Christmas Pantomime: Sleeping Beauty at Cottenham Village College (p27)

Sun 8 7:30pm Willingham Women's Institute – Christmas Party at Willingham Social Club (p45)

Wed 11 7:30pm Cottenham Women's Institute – Christmas Party: with entertainment by Hi-5 at Tony Cooper Suite, Cottenham Village College (p15)

Fri 13 11:15am-12:15pm Cottenham Toy Library – Soft Play Session: *Christmas Party* at Cottenham Community Centre (p9)

Fri 13 7:30pm Cambridgeshire Bird Club – Christmas Social at St John's Community Hall, Hills Road, Cambridge (p51)

Fri 13 7:30pm-12am The Cottenham Club – Music: Booted and Scooted

**Sat 14 3:30pm** All Saints' Church – Messy Church Nativity at All Saints' Cottenham (p9)

Sat 14 6:30pm Cottenham Village Society – Christmas Party at All Saints' Church Hall Sun 15 3pm All Saints' Church – Blue Christmas Service: for those who want to mark Christmas in a quiet, reflective way at All Saints' Cottenham (p9)

**Sun I 5 7pm** All Saints' Church – Carol Service at All Saints' Rampton (p9)

**Tue 17 8pm** All Saints' Church – Beer and Carols at Chequers Pub Cottenham (p9)

Wed 18 7:30pm Landbeach Society –
Christmas Celebration at Landbeach Village Hall

Thu 19 6–9:30pm Cottenham Community Centre – Mulled wine and mince pies (p13)

Fri 20 8pm Willingham Social Club – Members' Christmas Party: with Mister | - guitarist/singer (p43)

**Tue 24 5:30pm** All Saints' Church – Carol Service at All Saints' Cottenham (p9)

**Tue 24 I I:30pm** All Saints' Church – Midnight Communion at All Saints' Rampton (p9)

**Tue 24 I I:30pm** All Saints' Church – Midnight Communion at All Saints' Cottenham (p9)

Wed 25 8:30am All Saints' Church – BCP Holy Communion at All Saints' Cottenham (p9)

Wed 25 10:30am All Saints' Church – Family Communion Service at All Saints' Cottenham (p9) Thu 26 Fen Edge Footpath Group – Holly Walk: meet 10.30am Cottenham Broad Lane High Street junction.

**Tue 31 8pm** Willingham Social Club – Party: New Year's Eve with live band On the Ceiling (p43)

#### **JANUARY**

Wed 8 7:30pm Cottenham Women's Institute

– Talk: Interesting and Historical Garden Features by
Andrew Sankey at Tony Cooper Suite,
Cottenham Village College (p15)

Fri 10 7:45pm Cottenham Village Society – Talk
at All Saints' Cottenham Church Hall

Fri 10 8-10pm Cambridgeshire Bird Club – Talk: The Magic of Orkney by Duncan MacDonald at St John's Church Hall, Hills Road, Cambridge (p51)



### **FEN EDGE EVENTS DIARY**

Continued from Page 5

#### **JANUARY**

Mon 13 7:30pm Willingham Women's Institute – Talk: Garden Features by Andrew Sankey at Willingham Social Club (p45)

**Tue 14 7:30–9pm** Fen Edge Archaeology Group – Talk: *Under the fen, under the sand: excavating prehistoric land surfaces* by Lesley McFadyen at Willingham Baptist Church (p63)

Fri 17 7:30pm Cottenham Gardeners Club – New Year Party at Franklin Gardens Community Room (p13)

**Tue 28** Fen Edge Footpath Group – Morning walk from Landbeach Village Hall

#### **FEBRUARY**

Mon 3 7:30pm Willingham Gardening Club – Talk: Remedies, Cures and Superstitions by Andrew Sankey at Willingham Social Club (p45)

**Fri 7 8pm** Willingham Social Club – Members' Night: Featuring 'Or Wot' - a lively cover band (p43)

Mon 10 7:30pm Willingham Women's Institute – Talk: The History of Heffers by Julie Boundford at Willingham Social Club (p45)

Wed 12 7:30pm Cottenham Women's Institute – Talk: Fen Edge Village (Burwell Museum) by Alison Giles at Tony Cooper Suite, Cottenham Village College (p15)

**Thu 13 7:30–9pm** Fen Edge Archaeology Group – Talk: *Medieval northern journeys* by James Barrett at Tony Cooper Suite, Cottenham Village College (p63)

Fri 14 8–10pm Cambridgeshire Bird Club – Talk: Fossil Birds by Daniel Field at St John's Church Hall, Hills Road, Cambridge (p51)
Fri 28 7:30pm Cottenham Gardeners Club – AGM at Franklin Gardens Community Room (p13)
Sat 29 9:30am–12pm Rampton Village Hall – Advice on recycling: Leap to a sustainable future with sustainable products and ideas to help our environment at Rampton Village Hall by Janet Street Sorter at Rampton Village Hall (p41)

Sat 29 7pm Friends of All Saints' Church – Wine Tasting Evening at All Saints' Cottenham Church Hall (p9)

#### **MARCH**

Wed 4 7:30-9pm Fen Edge Archaeology Group – Talk: The excavation of a Mercian king's enclosure by Richard Mortimer at Tony Cooper Suite, Cottenham Village College (p63)

Mon 9 7:30pm Willingham Women's Institute – AGM and Social at Willingham Social Club (p45)

Wed 11 7:30pm Cottenham Women's Institute – AGM and Social at Tony Cooper Suite, Cottenham Village College (p15)

Fri 13 8–10pm Cambridgeshire Bird Club – Talk: Birding in Yunnan by Jeff Blincow at St John's Church Hall, Hills Road, Cambridge (p51)

Sat 14 10am Rampton '77 Committee – Grand Jumble Sale at Rampton Village Hall (p39)

Sat 14 7:30pm Fen Edge Orchestra – Concert: Haydn, Granados & Bartok at Histon Baptist Church (p59)

Wed 18 7:30pm Landbeach Society – Talk: Greens and Ponds Project - Landbeach as a pilot study by Fen Edge Archaeology Group at Landbeach Village Hall

#### **APRIL**

Wed I 7:30-9pm Fen Edge Archaeology Group – Talk: The South Georgia Archaeological project by Marcus Brittain at Landbeach Village Hall (p63)

**Fri 3 8–10pm** Cambridgeshire Bird Club – Talk: Rebirding – rewilding for birds by Ben Macdonald at St John's Church Hall, Hills Road, Cambridge (p51)

**Sun 5 I–4pm** Rampton '77 Committee – Rampton Easter Egg Hunt at Rampton Village Hall (p39)

Wed 8 7:30pm Cottenham Women's Institute – Talk: Ely Cathedral by Jan Munt at Tony Cooper Suite, Cottenham Village College (p15) Sun 26 2pm Rampton '77 Committee – Rampton Relay at Giants Hill Meadow adjacent to All Saints' Church, Rampton (p39)



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## ALL SAINTS' CHURCH COTTENHAM WITH RAMPTON

Music, refreshments, stalls, fun!
Sunday I December 2019 at 5pm
after the Christingle Service.
We invite all community groups and
businesses in Cottenham to take
part: emailadmin@allsaintscottenham.org.uk to get
involved.

#### **DATES FOR THE DIARY**

**Sunday I December** at 4pm, Christingle Service at All Saints' Cottenham — celebrating Christ's coming as the Light of the World. Followed at 5pm by the launch of the Christmas tree festival.

**Saturday 14 December** at 3.30pm, Messy Church Nativity at All Saints' Cottenham

Sunday 15 December at 3pm, Blue Christmas Service at All Saints' Cottenham — for those who want to mark Christmas in a quiet, reflective way Sunday 15 December at 7pm, Carol Service at All Saints' Rampton

**Tuesday 17 December** at 8pm, Beer and Carols at the Chequers Pub Cottenham

**Tuesday 24 December** at 5.30pm, Carol Service at All Saints' Cottenham, a great service of readings and carols bringing the village of Cottenham together

**Tuesday 24 December** at 11.30pm, Midnight Communion at both Churches—celebrate the first communion of Christmas Day

Wednesday 25 December, Christmas Day at All Saints' Cottenham 8.30am BCP Holy communion 10.30am Communion service for all the family

#### FRIENDS OF ALL SAINTS'

A Big Thank you — the Friends of All Saints' Cottenham would like to thank all villagers who supported the charity day at the Curry Palace on Tuesday 8 October, when Mr. Miah generously gave 30% of his profit from the whole day. This kind gesture by Mr. Miah boosted our funds by £645 which will help the ongoing maintenance of your Parish Church, which is of course open to everyone.

The Open Tower weekend on 14–15 September was a great opportunity for many people to see the village and the fens from above, and also to get a closer look at the recently restored tower.

Events – Saturday 29 February 2020 at 7.00pm, wine tasting evening in All Saints' Hall

Sunday (TBD date), March 2020 Concert by the Medlock Ensemble in All Saints' Church

#### **COTTENHAM CARE CAR**

Cottenham Carecar does not like to say NO.

Despite gaining some new drivers in the last few months, we have lost an equal number. This, together with a gradual increase in new clients and other extra calls on our service, means that we are having to say 'Sorry no car available,' far too often.

So, it's the same old plea—more volunteers please. Social car schemes provide transport for other villagers who have difficulty in using public Transport. We need drivers with a car, preferably 4 door, fully comprehensive insured, who can find the odd time, at their own choosing, to help in this beneficial work. They are fully reimbursed for their expenses and can always pick their own times.

Please consider just asking me for more information, without commitment.

Gerry Brett, Coordinator: 01954 251929, carecar@poroadband .co.uk

#### **COTTENHAM TOY LIBRARY**

#### **Soft Play Sessions**

We are happy to announce that we have had record numbers of families attending our recent soft play sessions to the point that we sadly had to turn people away. In response to this we have decided to try something new. We will be running two soft play sessions: the first at the usual time 11.15am–12.15pm and the second at 1.15pm-2.15pm. Our soft play sessions take place on every other Friday during term time at Cottenham Community Centre in the room behind the café.

These sessions are suitable for babies, toddlers and preschool children. All children must be accompanied by an adult and remain the responsibility of the accompanying adult at all times. It is possible to book a space at one of our sessions via the Facebook page. We keep some spaces free for people who want to just drop in.

Costs are as follows; £2 per child, £1 under one year old or £3 per family. Dates for 2020 are: 17 and 31 January; 14 and 28 February; and 13 and 27 March. The soft play sessions are run by volunteers and we are keen to hear from anyone who might be interested in volunteering as little as once a month for half an hour to help set up or tidy up the equipment. If you are interested in joining our team of volunteers you can message us on Facebook or visit our website www.cottenhamtoylibrary.co.uk or speak to someone at one of our sessions.

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Being involved in guiding is a fantastic opportunity. In Cottenham we have 2 Rainbows, 3 Brownies and 2 Guide units. But our Rainbows in Cottenham need your help.

Cottenham currently has two active and busy Rainbow units that meet on a Monday and Thursday evening for I hour. We urgently need a new leader to help at the Thursday unit. Girlguiding welcomes volunteers from all backgrounds, ages, cultures, faiths and abilities. Please think about volunteering. Make new friends; become part of a world-wide organisation; no experience needed; learn new skills and share the

things we enjoy with the next generation;

looks great on your CV; we can offer flexibility and a fully supported training scheme.

For an informal chat and to talk through what's involved please contact: Dani Wykes

wykes21@gmail.com



mobile 07803203633 home 01954 250324.

## COTTENHAM PRIMARY SCHOOL PTCA

Cottenham Primary School is holding its wonderful Winter Fair on Thursday 5 December, from 5.30–7.30pm; do come along and support us.
Cottenham Primary School PTCA are excited to announce that we have launched a crowdfunding appeal to help raise the funds that make such a difference to our school. Our aim is to enhance the educational experience of every child at our school. We now supplement classroom essentials as well as maintaining the school pool and provide funding for most of the curriculum enrichment activities that take place. We couldn't do this without your help.

If you are able to make a one-off donation or would like to set up a regular payment, however small, then our crowdfunding page makes it easy for you. We will also be able to collect Gift Aid on your donations, boosting them by 25%, please visit www.donatemyschool.com/cps-ptca.

After the summer holidays have you found that you have brought home foreign coins that you are unable to exchange? Could you donate them to the PTCA? We are able to exchange them (and also British currency that is no longer legal tender) as we are a charity.

We appreciate and value all support that we receive. We look forward to welcoming you at our events.

#### **COTTENHAM BOWLS CLUB**

Another enjoyable outdoor bowls season has drawn to an end. Our bowls teams have had mixed fortunes as these results show: Ely & District Division I, Team A 3rd of 12; Ely & District Division I, Team B 2nd from the bottom and demoted to Division 2; County Triples, top of Division 2 so promoted to Division I; C & D Team A, Division 2, top so promoted to Division I; C & D Division 3, 9th out of 10 so demoted to Division 4; Business House Mixed, bottom of Division I so demoted to Division 2. Cottenham Team A are also Champion of Champions.

Well done to all the team captains and players who contribute so much to Cottenham Bowls Club.

The indoor short mat season is well under way. It is a great way to spend the winter afternoons. If you are interested you can contact Eric Hobbs on 01954 251956. There is a membership fee of £15 and 50p for tea and biscuits.

Cottenham Bowls Club is a very friendly club with members from Cottenham and surrounding villages so come and give us a try. Everyone is welcome.

Contacts: Dave Parrack 01954 230732, Eric Hobbs 01954 251956, Chris Forster 01954 200720

Website: www.hugofox.com/community/ Cottenham-bowls-club-8286

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#### **Events**

Saturday 30 November–10am-2pm Christmas market. Sunday I December–Cinema 7.30pm Saturday morning 7 December–Singing for Fun in the Coffee shop.

Thursday 19 December 6pm to 9.30pm–Mulled wine and Mince pie evening

**Membership**—This year, to celebrate the ten years of charity status, membership costs just £10 for an individual (unless you are a regular hirer). To join download a membership form at www.cottenhamcc.org/membership.

Classes—For details of our many classes on each day and evening, see 'classes' on our website www.cottenhamcc.org/classes (where you will find times and contact details) or under 'Function Rooms', then refer to the room (hall, studio or coffee shop) booking calendars. Most classes have spaces. Watch for new classes including a Friday morning Barre class from lanuary.

Volunteers wanted—Become part of the team at the coffee shop, meet people and improve your skills. Weekly or less regular volunteers welcomed. Come and have a chat with Jane, our manager Tel: 01954 202109 or manager@cottenhamcc.org.

Room Hire—There are three rooms (main hall, studio, coffee shop) for hire for running a class, activity or party. 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 held.

Shopping—CCC gets a percentage with Easy Fundraising (no extra cost to you) from 400 retailers. If you are shopping, consider using Easy Fundraising for Cottenham Community Centre www.easyfundraising.org.uk/causes/cottenhamcc.

Contact: www.cottenhamcc.org, smithmichaelstanley@hotmail.com.

#### **COTTENHAM GARDENERS' CLUB**

Cottenham Gardeners' Club is a friendly group of people with an interest in gardens and gardening. We have several members from nearby towns and villages and would be happy to welcome more! Membership covers 7 speaker evenings, a lunchtime garden party, garden visit and evening drinks party in the summer; a New Year party; and the AGM, usually followed by a short talk.

Meetings are held at Franklin Gardens Community Room, usually on the last Friday of the month, with refreshments served from 7.30pm, followed by a talk at 7.45pm and closing with a raffle.

There is no meeting in December, but the New Year party is on Friday 17 January, with our popular quiz followed by supper. Guests are very welcome at a cost of £4 per head. The AGM will be on Tuesday 28 February, when the new programme for 2020/21 will be unveiled.

For any further information please contact Sarah Dumont. 01954 260482.

#### **COTTENHAM CHARITIES**

#### Free Christmas voucher

on 01954 250387.

Christmas vouchers have been given by Cottenham Charities for many years to help individuals and families on low income to meet the cost of Christmas. Cottenham Charities and the Fitzwilliam Charity provide the funds for the scheme. Residents of the Parish in receipt of Income Support, Incapacity Benefit, Employment and Support Allowance, Pension Credit, Housing Benefit or Universal Credit are eligible, but we are not able to consider those receiving Jobseeker's Allowance.

help this Christmas, application forms will be available from Cottenham Post Office or online at www.cottenhamcharities.co.uk from Monday 25 November and must be returned by Wednesday I I December. Proof of eligibility will be required and only one application per household can be accepted. Additionally, applications for grants for essential household or disability items can also be considered by Cottenham Charities throughout the year. To apply please contact Malcolm Dee, Secretary,

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#### **COTTENHAM WOMEN'S INSTITUTE**

You are warmly invited to come along to our monthly meetings. We meet in the Tony Cooper Suite at Cottenham Village College at 7.30pm. There are competitions, a raffle and tea and coffee. There will be a small charge of £3 where there is a speaker. For more information please ring Margaret 01954 250870.

**Events – Wednesday December 11.** This will be our Christmas party with entertainment from *Hi-5*. As there will be food, if you are not a member please

book with Margaret 01954 250870. There will be a small charge.

Wednesday 8 January 2020. This will be a talk by Andrew Sankey about the historical features in our gardens.

Wednesday 12 February. Alison Giles will give a lively talk about Burwell Museum and life in the Fens. Wednesday 11 March. This is our annual meeting along with food and social evening.

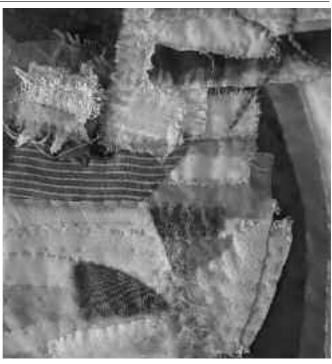
Wednesday 8 April. Jan Munt will give a talk about the history of Ely Cathedral

#### **STITCHWILD**

StitchWild artists recently invited Ruth Issett for a 2-day workshop at Cottenham Village College. Ruth Issett, who holds a BA in Fashion/Textiles (Embroidery), is a British textile artist who is well known for her use of vibrant colour in her work. In her words, 'I am passionate about colour. In fact, I am addicted to colour. I am constantly aware of it in my surroundings. Colour can be found everywhere and in everything. Most of my work is fairly abstract and it inevitably reflects my personal observations of places and times.' To illustrate her method, Ruth took us through some warm up exercises working with paper.

Ruth then introduced us to her way of working with textiles. She uses a wide variety of natural fibres, such as cottons, silks, hemp, jute, linen, viscose (rayon), which take her preferred type of dyeing especially well. She showed us how she uses fabrics in a wide variety of weights and transparencies to give added detail, layers and complexities to her work. She uses

collage with a wide variety of both machine and hand stitch to translate her sketchbook work into finished pieces of art; and she encouraged us to try these techniques in our classroom samples. As Ruth says, 'the what if is very important to me and leads to exhilarating moments.' She demonstrated variations in stitch by experimenting with colours and weights of threads, spacing of stitching, length, direction, stitch selection, and patterns. To finish off the workshop, we all worked with



Montage by Ruth Issett

fabrics provided by Ruth. As in most of our workshops, a wide diversity of work was observed among our members, finishing off a deliciously exhausting and enjoyable summer workshop!

Ruth comes from Shropshire and is a member of the Prism group and the Textile Study Group. Her work can be viewed on their websites.

Editor: This edition's cover art is a montage by StitchWild. My thanks to the group for sharing their work.



Louise qualified as a dog groomer at the College of West Anglia and groomed at a local parlour for 4 years before starting WaggleBumz in 2015. She has vast experience with most breeds of dogs.



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#### **COTTENHAM TENNIS CLUB**

Those in the Fen Edge patch have had a great summer, with a spectacularly successful Fen Edge Festival. Cottenham Tennis Club has been delighted to play a small part in this. The weather allowed us to play tennis during the festival and on nearly every club session.

We gratefully received a generous donation from the Fen Edge Community Association (FECA) from the festival, enabling the purchase of a ball machine. Three level I coaching courses were funded by the Cambridgeshire Lawn Tennis Association (LTA). We continue working with our partners, the Sports Centre, the Parish Council, FECA and Cambridgeshire LTA to improve our facilities.

**Grass courts**—it was great to see people playing on the newly maintained grass courts at the 'rec'. Thank-you to the groundsman for his hard work. These courts (now closed for winter) are public and free. Maintenance is by the Parish Council. The code can be obtained from The Parish Clerk on 07503 328401 or clerk@cottenhampc.org.uk

Coaching for all in the patch—our coaching regime has changed. We hope that Toby, the force behind Game Set Tennis and 2018 winner of the Cambridgeshire LTA coach of the year, and Alastair, the main Cottenham coach, will bring renewed vigour to our sessions. These include a breakfast club at Cottenham Primary School. 3 new Level I qualified coaches from our club will be assisting at these sessions.

Tennis is for everyone, great for mind and body and can be played at any age. Youngsters learn with fun games using soft balls, developing agility, balance and co-ordination.

Thank you to our great young coaches, Alec Davis and Rory Dixon, who ran rusty rackets sessions and Thursday kid's coaching this year. We wish Alec well for his Gap Year travelling and Rory with his return to Uni. Thanks to FECA for supporting this coaching.

Membership—We have seen our membership increase and a healthy turn out for social evenings on Wednesday and Thursdays at Cottenham Sports Centre. New members have been given a warm welcome.

Other activities—Nature Valley sponsored a *Play* tennis for free day held at the 'rec' in the spring. 45 children and several adults benefitted from free



Alec Davis Coaching

coaching. Thanks to the Parish Council for the use of the pavilion.

In September we celebrated an excellent summer of tennis with a barbecue at Cottenham Sports Centre. Thank you to the team there for closing off the car park. We are planning our Christmas curry at the Curry Palace, who made generous donations for our fun run tombola, as did other village businesses.

Matches—The men continued their success with wins over most opponents, gaining promotion to division 6. The mixed and ladies' teams enjoyed playing other teams with less sparkling results, ladies winning 3 out 8 matches and coming 5th in their division, whilst the mixed team only managed to draw one of their matches, losing the rest. Playing other teams provides good experience and visits to great facilities at such places as Cambridge, Chatteris and Shelford. We envy them their courts and clubhouses!

Come and join us—If you have played tennis in the past and want to rekindle your love of the game, come and join us at a Wednesday social evening; watch out for information about coaching, tennis for free and other opportunities in the village posted on our website and on the Cottenham facebook page. We are always looking for more members of any age, for social or competitive games, so get in touch if you are interested. We look forward to seeing you on the courts.

Contact: Cilla Hughes, Cottenham Tennis Club, info@cottenhamtennis.co.uk, website: www.cottenhamtennis.co.uk, www.gamesettennis.co.uk

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#### **COTTENHAM UNITED FC**

This season we are running two adult men's teams, a Ist team in the Kershaw Senior A league and a reserve side in Division 3A of the Mead Plant & Grab league. The Ist team is under new management this season, Chris Hancock and Carl Thurlbourne having taken the reins in the summer. The team itself has also seen a bit of a makeover in personnel and has started the season encouragingly well. Our reserves still have Luke Cox and Martin Carter at the helm and have made a steady start themselves.

Training sessions for both squads take place weekly on the all-weather surface at the rear of Cottenham Village College on Wednesday evenings, 7.30-9pm. All are welcome and you can be assured of a very friendly reception so please do come along if you are interested in playing. You may be new to the village and looking for a chance to play close to home or already living here and wanting to get started again. Please just contact us by email at

cottenhamunitedfc@hotmail.com

Website http://www.pitchero.com/clubs/cottenhamunited

#### **COTTENHAM RENEGADES RUFC**

As summer turned to gentle autumn and the evenings began to draw in, the new rugby season was upon us. Cottenham Renegades finished second in Eastern Counties Division One West last season, trailing Newmarket for the top slot. The new season was a chance to see if they could do better. A pre-season friendly saw Cottenham defeat Norwich Union 56–19 which was an encouraging start. This was followed by a sharp spanking in another friendly from St Ives (the club from which Renegades originally split many years ago—relations are good again!). In fact, St Ives did Renegades a favour delivering a wake-up call in advance of the first league game against old adversaries Newmarket.

Chastened by the defeat at St Ives, Renegades went to Newmarket determined not to lose again. They didn't, pulling a great team performance out of the bag to secure a bonus point win (29–8). Thus, began a campaign of good league wins securing four-try bonuses in each one against Saffron Walden 2, Shelford 3, Bury St Edmunds 3 and Cambridge 3. At the time of writing, Renegades top the table with 25 points;

the nearest rival is Newmarket on 14.

Once this league is done in early January, the first and second placed teams in each league will play the first and second placed teams in the other Eastern Counties Division One leagues (North and South). Renegades are well placed to be in that play-off league. Another departure for the club has been to enter the National Junior Vase competition which is a national competition for clubs at Level 9 (the level Renegades play at) with the final being played at Twickenham. It's a long way to the final but Renegades met Writtle Wanderers (near Chelmsford) for the first round, which was played in Cottenham. It was a closely fought contest with the lead changing hands four times. Renegades managed a hard-fought win (27–22) to go through to the next round.

Renegades is a very friendly club, dedicated to playing their best on the field and to having a good time when not playing. There is a good range of talent and anybody who fancies trying their hand at rugby is welcome to come along and try us out. For details, please visit the Renegades website www.renegadesrugby.net



Renegades playing against Writtle Wanderers. Photo: Peter Haigh





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#### **COTTENHAM CRICKET CLUB**

What a fantastic summer of international cricket we had, seeing England win the 50-over World Cup for the very first time in a wonderfully exciting final followed by a hard-fought, drawn Ashes series against the old enemy from down under. It's just the sort of thing that we hope will have fired the imaginations of both young and old and encouraged them to have a crack at our wonderful game.

The fortunes of Cottenham CC were not quite at the same level, unfortunately, as our 1st XI found the return to Senior League cricket a real struggle. We now have to regroup and come back strongly next year. On the flip side, however, our 2<sup>nd</sup> team had a pretty good season, finishing mid-table. The real highlight for them was reaching the Lower Junior Cup Finals Day, where we put up a spirited performance before losing our semi-final to Comberton Ist team.

During the school summer term, we also ran two

junior sides at under-13 and under-15 age levels. The younger side were in a very tough League but fought hard all term and the under-15s, in their final season together, had a pretty good summer as well

As ever, we want to reach out to all local cricketers not currently playing for Cottenham to join us in our efforts to keep our Club, one of the oldest in the County, both moving forward and providing the opportunity for all ages to take part in our great game. Please do get in touch - you'll be most welcome.

Indoor net practice—will be starting in the New Year so please keep an eye on the Club News section of our website for details - Christmas is coming and 2020 is just around the corner! Contact: cottenhamcc@yahoo.co.uk, David Chaplin (01954 250075) Junior Teams: Dave Partridge and Alan Raven (01954 250388) www.cottenham.play-cricket.com @CottenhamCrickt





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#### Staying Healthy with the Mediterranean Diet



might all make changes to our diet.

The Mediterranean Diet, which promotes home cooking from unprocessed ingredients with an emphasis on fruits, vegetables, whole

grains, legumes and olive oil, is as old as the ancient Greeks. In the last sixty or so years, its health benefits are being increasingly recognised.

On October 15 2019 the Cottenham Community Centre was the venue for an evening devoted to answering the question: 'Can the Mediterranean diet reduce the risk of diabetes, dementia, heart disease and some cancers?' The Firs House and Telegraph Street Surgery Patient Participation Group recruited Dr Simon Poole, local GP, author, broadcaster and expert on the Med Diet to explain how and why we

Mediterranean Diet Pyramid

Dr Poole explained: 'The Med Diet is as much about a way of life as dietary choices. It started being investigated in the 1950s because people were seeing lower rates of heart and other chronic diseases in Italy compared with the USA, and Greece and Portugal had less deaths from chronic heart disease.'

'In people following the Med Diet we now see a reduced risk of cardiovascular disease, stroke, obesity, diabetes, some cancers, Alzheimer's, Parkinson's and inflammatory conditions, including arthritis. Early mortality is reduced, and there's improved general wellbeing, reduced depression and improved markers of aging.'

Attendees completed a questionnaire that Dr Poole is developing, based on the following recommended food choices:

**Vegetables:** 2 or more servings every meal; Fruit: I-2 portions every day; Wholegrain cereals: I-2 times per day

Olives, nuts and seeds: I-2 times per day; Olive

oil: 30 ml (2 tablespoons) every day, as your only source of fat **Dairy:** 2 servings of full-fat, fermented produce (e.g. yogurt, cheese made from ewe's or goat's milk) every week

Eggs: 2–4 per week;

Legumes (peas/beans):

2 or more servings per week **Fish/seafood:** 2 or more

servings per week; White meat: 2 servings per week

**Red meat:** No more than 2 servings per week

Processed meat: No more than

I serving per week

Wine: I (healthy women) or 2 (healthy men) small glasses (100 ml) per day

**Desserts:** No more than 2 servings per week.

Dr Poole described a study-of-studies that showed that the Med Diet reduced the risk of type 2 diabetes by 19–23%. His talk was followed by a short presentation from Mike Willis,

Figure 1 Street 1 Str

continued on page 25

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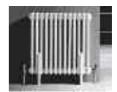
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continued from page 23

who facilitates the Histon and Impington Type 2 Diabetes Support Group. Mike has found that a low-carbohydrate diet has helped him lose weight and put his diabetes into remission, and Dr Poole explained the problem of sudden rushes of sugar from things like full-sugar cola or white bread. Mike encouraged us to set up a similar peer-to-peer support group in Cottenham, but in any case all are welcome to attend its monthly meetings at the Community Room, Impington Recreation Ground. For more details see the HI Diabetes Support Group on Facebook, or contact Mike on mike@familywillis.co.uk / 01223 232961. The PPG wishes to thank the Fen Edge Community Association for funding. Look out for local advertising of future healthy living events in Cottenham, Histon and Impington, and contact the surgery if you are interested in joining the PPG—new members are most welcome.

## GARDENING – SOME SEASONAL THOUGHTS

Well, here we are now at the end of autumn, with the unpredictable weather that it brings. It's also the season of buying plants for inside, so let's look at those first. The thing to remember is that what is an inside plant for us is an outside plant somewhere else. Plants generally are happiest when they have natural light, a good airflow round them and moist rather than the dry and warm conditions found in houses. So, not near the radiator then, or any other source of dry heat. Make sure that plants don't dry out and they'll be fine.

The plants that you tend to see are Indian azaleas, solanums and poinsettias. The latter are experts at dropping their leaves at the slightest provocation. Both like cool conditions with reasonable light, and appreciate a light misting from time to time. Do that, and you've a good chance that they will thrive through the winter. Careful though. The red berries on solanums are poisonous, and the sap from poinsettias is an irritant, as is any other member of the euphorbia family. Poinsettias make quite an attractive outside pot plant through the summer, with a good deep foliage in this country. We ought to mention, not the elephant in the room, but the tree. Most of us will have one soon; you know the type. If you go for a natural tree, it will

appreciate a drink, even if it has no roots. If you can, place the tree in a stand with a waterproof base, and give it a drink regularly over the season. Cheap lemonade also makes a good cut flower food... Safety note — remember that water and electricity are not a good mix!!

On a different tack, and this is a reminder really, this is the time of clearing up the garden. When you are, try and be habitat aware. Insects and small creatures tend to hide up in the winter, so be careful when clearing piles of rubbish, and try not to disturb anything. If you can, identify areas that you can just leave until spring. I had a hedgehog that happily built a nest of leaves across my railway once! Gave a new meaning to leaves on the line... If you're cleaning up the pond, leave plants and debris by the side of the pond for about a day, to give things the chance to get back in the water. Ideally, leave some areas untouched. With all that's being said about declining numbers of insects, it's good to remember that small changes make a difference. For example, if you've any ivy, it may be in flower. The flowers are an important source of winter nectar for those insects that venture out in the depths of winter.

And, here's a final thought. I went to a gardening show earlier this year, where I got some excellent advice as to how to treat my protea shrub. I am now a professor of such things, with how to prune it, feed it and propagate it. All due to a ten minute chat to a stallholder, who was happy to share her knowledge. Now, I know you can get such info from the 'net, but it's the difference between a conversation and a text. Out around you is a wealth of live information from gardening clubs, allotment societies, and other plant-orientated groups. Whatever your age and garden, even if you've none but are interested, make it a new year's resolution to seek one out and join it. We gardeners come in all shapes, sizes and ages, but share a passion. Gardening is good therapy, but so is encouragement from like-minded people. I go to Cottenham Gardeners' Club. You'll find their details elsewhere in this magazine. We are a friendly bunch and will make you welcome, honest. Pluck up the courage to get amongst people who will encourage you without judgement. We all started somewhere. Enjoy the festive season, and doing virtual planning for next spring!

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#### **COTTENHAM THEATRE WORKSHOP**

Get involved with CTW in 2020!

Start your New Year off the best way possible by getting involved with local amateur dramatics group Cottenham Theatre Workshop. After recently performing our Christmas Pantomime – Sleeping Beauty – we're already gearing up for our Spring Production.

We're delighted to announce that, rather appropriately, we'll be performing A Bunch of Amateurs by Nick Newman & Ian Hislop.
This comedy focuses on fading Hollywood action hero Jefferson Steele, who, keen to boost his flagging career, arrives in England to play King Lear in Stratford – only to find that this is not the birthplace of the Bard, but a sleepy Suffolk village! Instead of Kenneth Branagh and Dame Judi Dench, the cast are a bunch of amateurs trying to save their theatre from developers. Jefferson's monstrous ego, vanity and insecurity are tested to the limit by the enthusiastic am-dram thespians. As acting worlds collide and Jefferson's career

implodes, he discovers some truths about himself – along with his inner Lear! If this sounds like something you'd like to be involved with then we'll be hosting read-throughs and



subsequent auditions in the

first few weeks of January (dates to be confirmed). We're always looking for new actors to join our merry troupe so if you've always wanted to tread the boards then now is the perfect time to take up this resolution!

Keep an eye on our website www.cottenhamtheatre.com or our Facebook page for more information about the readthroughs/auditions over the coming weeks.

From all at CTW, Merry Christmas and a Happy New Year!

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### **FECA IN LANDBEACH**

## HISTORIC TITHE BARN SECURES NATIONAL LOTTERY SUPPORT

The Tithe Barn Trust is ecstatic that they have secured a National Lottery Heritage Fund grant of £98,900 the final funds needed for the urgent repair works to begin on the unique timber frame Tithe Barn in Landbeach, near Cambridge.



Made possible by money raised by National Lottery players, the grant will mean that a skilled team of craftsmen of Thatchers and Carpenters can set to work carefully restoring and repairing the building which is believed to date from the medieval period. Tithe Barns are increasingly rare in the UK and the Landbeach Barn is the only one remaining in Cambridgeshire with so many historic features

including an elm timber frame, thatched roof, timber granary and brick threshing floor.

The Tithe Barn Trust is a small charity committed to saving and sympathetically restoring the Grade II Listed Tithe Barn. Key to the Tithe Barn Trust's charitable objective is maximising public access to the Tithe Barn and education, aiming to ensure that the Tithe Barn has a vibrant and sustainable future. As part of this, the National Lottery Heritage Fund grant will be used to deliver a programme of activities for the public, including hard hat tours,

thatching demonstrations, school visits and trial events such as a farmer's market and art exhibition. Gemma O'Shea, Volunteer and Chair of Tithe Barn Trust, says: "It is incredibly exciting that the restoration works can now start to the Barn. We have been fundraising so that the repairs can begin to save the Barn before it is lost. We have to thank the National Lottery Heritage Fund, the Amey Community Fund, the Garfield Weston Foundation, the October Fund and the public for supporting such a worthwhile project."

## 3 Ways YOU can get involved in the Tithe Barn project;

- I. Volunteer. Visit https://do-it.org/organisations/ tithe-barn-trust or email tithebarntrust@gmail.com to find out more.
- 2. Become a Friend. Visit www.tithebarntrust.org.uk/become-a-member/
- Visit the Tithe Barn and come along to one of our next events. Keep checking www.tithebarntrust.org.uk to find out more.



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British Sign Language - Monday 7.00-9.00pm

The Grandest Tour (Astronomy) Wednesday 7-9pm











#### **MONDAY**

## Adult Ballet Beginners (Plus) - 10 weeks 7.50-8.50pm Fee: £60 starts 13th January

Ideal for complete beginners, those who took ballet as a child and have had a break, or older dancers who would like to maintain their mobility. The lessons will focus on teaching basic ballet barre and centre technique with correct posture and alignment. A good foundation from which students can progress safely to further levels.

#### Art History: The Birth of Modern Art: Expressionism to Surrealism – 9 weeks 7-9pm Fee: £108 starts 13th January

This course is aimed at anyone who would like to know more about European painting between 1905 – 1940. A basic introduction to selected art movements during this period starting with the influences upon the Expressionist Movement, how it affected European countries, focusing upon painting, sculpture and architecture.

## British Sign Language – 4 weeks 7-9pm Fee: £48 starts 24th February

This will include the BSL finger spelling alphabet, greeting signs and vocabulary. Our tutor will teach you basic signing to be able to hold a simple conversation. There will be activities including games and quizzes to practise the signing.

## Creative with Clay - 10 weeks 7-9pm Fee: £145 includes clay & firing starts 13th January

Course currently full – contact us to go on the waiting list.

## Digital Photography Beginners – 6 weeks 6.30 – 9pm Fee: £90 starts 13th January (then 20 Jan, 3, 10, 25 Feb and 2 Mar)

This course will enable you to use your digital camera with confidence, understand the various functions, use software to maximise the impact of your images and explore your creativity through photography.

## Disco Dance: Monday Night Fever – 8 weeks 6.45-7.45pm Fee: £48 starts 27th January

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

## Dressmaking – 10 weeks 12.30-2.30pm Fee:£119 starts 13th January

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

#### Fitness for Mature Movers – 5 weeks 10-11am Fee: £25 TILLAGE HALL, WATERBEACH starts 13th January

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!

## Introduction to the Hair & Beauty Industry – 8 weeks 6-8.30pm Fee: £119 or FREE if eligible for funding\*\*\* starts 27th January FREE TASTER SESSION 20TH JANUARY 6-7PM

An introduction to the skills and attributes required for anyone to progress in the hair & beauty industry covering hair, beauty and barbering practical skills and theoretical information to enable you to go on to full accredited qualifications. It may also appeal to anyone who would like to learn some basic skills for their own pleasure. \*\*This course may be FREE for learners who fulfil certain funding criteria. Please see our 'FUNDING' box below or contact us for further information.

## Introduction to Woodwork & Carpentry – 10 weeks 7-9pm Fee: £119 or FREE if eligible for funding\*\* starts 13th January

Using our top quality, extensively equipped workshop you will design and made a woodwork project of your choice. Suitable for complete beginners and those wishing to work on projects (learner to supply own materials). \*\*This course is also suitable for those wishing to gain new skills to enable them to progress in the workplace or move on to accredited qualifications and apprenticeships and may be FREE for learners who fulfil certain funding criteria. Please see our 'FUNDING' box below or contact us for further information.

## Italian Conversation (Improvers) – 8 weeks 7-8.30pm Fee: £95 starts 13th January

Develop and improve your confidence with Italian at this informal conversation class. Learners will need a good knowledge of Italian with at least one year's experience.

## Pilates for Everyone (Ploughman Hall, Willingham) – 10 weeks 10.45-11.45am Fee: £69 starts 13th January

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.

#### Start Your Own Business – 10 weeks 7-9pm Fee: £119 or FREE if eligible for funding \*\* starts 13th January

This course is aimed at someone thinking of starting their own small business. You will be guided through the various requirements for starting a small successful business, including the Right Opportunity, Legal Requirements, Accounting, Marketing & Creating a Business Plan. \*\*This course may be

FREE for learners who fulfil certain funding criteria. Please see our FUNDING box below or contact us for further information.

## Watercolour Painting for Improvers – 10 weeks 10am-12noon Fee: £119 starts 13th January

Course currently full – contact us to go on the waiting list.

## Watercolour (Landscapes) for Improvers – 10 weeks 7-9pm Fee: £119 starts 13th January

Aimed at those with some experience of watercolour painting. The course will have a definite bias towards

traditional landscape painting, colour mixes, tips and 'tricks of the trade' for you to learn and enjoy. Students to provide own materials

## Yoga for Beginners – 10 weeks 6.30-8pm Fee: £90 starts 13th January

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**

#### Fitness for Mature Movers – 5 weeks 11.30am-12.30pm Fee: £25 PLOUGHMAN HALL, WILLINGHAM starts 14th January

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!

## Introduction to Free Motion Machining – I week 10am– 3.30pm Fee: £33 14th January

This workshop will start you on the journey of mastering Free Motion Machining. It is all about using the machine needle as your pencil and creating pictures or filling in to finish off your textile piece. Perfect for those who want to brush up on their skills before coming on the Revamp a Lamp and Fabric Bowls course. Materials extra.

## Revamp a Lamp and Make a Fabric Bowl - 4 weeks 10am-3.30pm Fee:£132 starts 21st January

Both of these items are made from interfacing, transfer prints and organza. You will be given a design for the fabric bowls. With the lamp you will be designing your own, but don't worry, the tutor will be guiding you all the way to make something unique and beautiful. Materials extra.

## Revive Your French Plus (Term 2 of 3) – 10 weeks 7-9pm Fee: £119 starts 14th January

Acquire a greater basic knowledge of French vocabulary and

grammar to gain confidence speaking, listening, reading and writing.

#### Strip & Stitch a Landscape/ From Photo to Landscape Triptych – 5 weeks 10am–3.30pm Fee: £165 starts 25th February

The Strip and Stitch a Landscape will involve free motion machining on a smaller scale, using strips of fabric to create a stunning landscape. You will then follow on to creating a Landscape Triptych, working from a photo to break it down into three parts and then transferring, painting and stitching onto fabric. Materials Extra.

#### T'ai Chi for Beginners Plus – 10 weeks 7-8pm Fee: £60 starts 14th January

For beginners or those with a basic knowledge.

## T'ai Chi for Improvers – 10 weeks 8-9pm Fee: £60 starts 14th January

For those with at least one year's experience.

## Yoga for Improvers – 10 weeks 7-8.30pm Fee: £90 starts 14th January

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.

#### **WEDNESDAY**

## Astronomy – The Grandest Tour – A journey from Earth to the Edge of the Universe – 8 weeks 7-9pm Fee: £96 starts | 15th January

Assuming no prior knowledge, as celestial travellers we'll obtain a step-by-step overview of this amazing cosmos, through the full-spectrum eyes of our present golden era of astronomy and the new age of precision cosmology, with a grand tour of the Solar System, galaxy and beyond.

## Calligraphy – 5 weeks (alternate Wednesdays) 9.30am-1pm Fee: £105 starts 22nd January

For complete beginners but also of interest to those who have done some Calligraphy before. Look at amazing manuscripts scribed hundreds of years ago and write a modern version of an historical script. Add decorative

touches, ranging from knotwork to the use of colour and gold to embellish the calligraphy. Materials extra (Dates of sessions are 22nd Jan, 5th Feb, 4th & 18th March & 1st April)

## Contemporary Textiles – 5 weeks (alternate Wednesdays) 9.30am-1.30pm Fee: £120 starts 15th January

Aimed at people with some creative textile experience who would like to be inspired and challenged by being part of an enthusiastic, creative community. Fibres, surface design, free machine and hand embroidery, dyeing, printing and mixed media - there is no limit to the creative techniques we'll be exploring in this class. Class currently full contact us for waiting list. (Dates of sessions are 15th & 29th Jan, 12th Feb, 26th Feb & 11th March)

## Creative with Clay – 10 weeks 7-9pm Fee: £145 includes clay & firing starts 15th January

Course currently full – contact us to go on the waiting list.

## Dichroic Glass Jewellery – 5 weeks 7-9pm Fee: £60 starts 29th January

Create some unique & stunning jewellery. You will be taught how to develop your designs, cut glass & assemble your pieces using tools safely. Materials extra approx. £35.

#### Fitness for Mature Movers – 5 weeks 2.30-3.30pm Fee: £25 COTTENHAMVILLAGE COLLEGE starts 15th January

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!

## Let's Talk English – 10 weeks 7-9pm Fee: £119 or FREE if eligible for funding\*\* starts 22nd January FREE TASTER/ASSESSMENT SESSION 15th JANUARY 7-8PM

English classes for speakers of other languages who want to improve their English vocabulary and grammar. This course

offers a foundation to enable learners to move on to accredited English courses and eventually gain employment or voluntary work. Build your confidence with English in everyday situations with our relaxed, friendly and supportive Tutor. \*\*This course may be FREE for learners who fulfil certain funding criteria. Please see our 'FUNDING' box below or contact us for further information.

#### Salsa Dance Mixed Ability – 10 weeks 7-8pm Fee: £60 starts 15th January

A fun and fabulous dance style in a relaxed and friendly class. Learn the essential steps with our experienced Tutor and build your confidence learning combinations to lively Latin music.

#### Wellbeing - A Healthier You - 10 weeks 6.30-8pm Fee: £90 starts 15th January

Explore the benefits of looking at a structured, step by step approach to a healthier diet / lifestyle balance. Specialist focus on food/ the 'gut Micro Biome' and achieving life-long goals to maintain a healthy Body, Mind and Soul. The course is the perfect opportunity to learn about healthy habits for you and your family.

#### **THURSDAY**

## Adult Ballet Improvers: Ploughman Hall Willingham – 8 weeks 10.30-11.30am Fee: £58 starts 16th January

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

## Adult Tap Dancing for Absolute Beginners - 8 weeks 7-8pm Fee: £48 starts 16th January

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

### Adult Tap Dancing Improvers – 8 weeks 6-7pm Fee: £48 starts | 6th January

For those who have at least 20 hours previous experience of Tap. Develop rhythm, co-ordination and the steps that are the building blocks for Tap Dancing.

## Adult Tap Dancing Advanced - 8 weeks 8-9pm Fee: £48 starts | 6th January

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

#### Contemporary Dance - Ploughman Hall Willingham - 8 weeks 9.30am-10.30am Fee : £50 starts 16th January FIRST CLASS FREE

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern jazz, lyrical and classical ballet the class will follow the Cunningham and Graham techniques founded by Martha Graham and Merce Cunningham.

## French Conversation (Term 2 of 3) – 10 weeks 9.30-11.30am Fee: £119 starts 16th January

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

## Total Tone Fitness: Ploughman Hall Willingham - 8 weeks 11.30am-12.15pm Fee: £45 starts 16th January

Suitable for all ages, no previous experience necessary. A great class for keeping fit and toning the whole body as well as improving balance and co-ordination and using elements of pilates, dance and yoga.

## Upholstery – 10 weeks 10am-3.30pm Fee: £300 starts 16th January

Course full – contact us for waiting list.

#### **FRIDAY**

#### Upholstery - 10 weeks 10am-3.30pm Fee: £300 starts 17th January

Learn the techniques and skills to upholster a small chair or stool in traditional or modern upholstery. Intermediate level learners can continue to upholster an existing project or to start a larger project in either modern or traditional upholstery learning new and more advanced techniques (Students bring their own piece of furniture – materials extra).

#### FUNDING available for some courses\*\*

Some of our courses are funded through the Adult Education Budget allocated by the Cambridgeshire and Peterborough Combined Authority (CPCA) or the Education and Skills Funding Agency (ESFA) and part financed by the 2014-20 European Social Fund (ESF) programme. This funding is managed by Cambridgeshire County Council, Adult Learning and Skills. A short video covering the background of ESF, what it does, how it helps and who benefits is available on the European Union website: http://ec.europa.eu/esf/home.jsp

How we use your data: https://www.gov.uk/government/publications/esfa-privacy-notice

Courses that attract funding: learners aged 19 and above and resident in the UK, EU or EEA for 3 years or more may be eligible to a FREE course if you meet certain criteria: eg: claiming Universal Credit, some means tested benefits, possess only a Level 1 qualification and low wage. Contact us for clarification on 01954 288751 or email: community@astreacottenham.org

This funding applies to the following courses aimed at anyone wishing to gain new skills to enable them to progress in the workplace or move on to accredited qualifications and/or apprenticeships.

Introduction to Woodwork & Carpentry Let's Talk English

Introduction to the Hair & Beauty Industry Start Your Own Business

Further information in courses listed above or on our website: http://community.cvcweb.net

#### **NEW COURSE IDEAS:**

We're always keen to know about new course ideas – contact us at Adult Learning if you have ideas about new courses that you'd like to try or if you're a Tutor who would like to offer a new course.

Tel: 01954 288751 or Email: community@astreacottenham.org

#### SATURDAY DAY SCHOOLS

Time: I 0am-4pm (unless otherwise stated)
Fee: £42 unless otherwise stated

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

#### **SATURDAY 25th January**

Contemporary Patchwork: Moth on Cloth\*
Coloured Glass Fusing\* 9.30am-1.30pm Fee £30
Marvellous Meringues\* 10am – 2pm Fee £30

Family Learning: Big Garden Birdwatch\* – 10 – 11.30am Fat Ball Making (parent & child activity) £10 per child Dressmaking 25th Jan, 8th Feb & 21st March (full contact us for waiting list)

Upholstery 25th Jan, 8th Feb & 21st March (full contact us for waiting list)

#### **SATURDAY 8th February**

Copperfoil Inclusion Jewellery\* 10am-2pm Fee £30
Calligraphy: Embossed Letters\*
Small Scale Fine Rush Baskets\*
Spectacular Stained Glass\* 9.30am-4.30pm Fee £49
Digital Photography Beginners
Lino Printing (materials incl) £55
Beginners Silver Jewellery Making\* £70
Vegan Chocolate Cake\* 10am – 2pm £30

## Stitched Textiles Masterclass 8th Feb & 21st March (full contact us for waiting list) SATURDAY 21st March

T'ai Chi – Being in Spring 10am-1pm £21
Tasty Meals\*
Impressionist Watercolour Painting\*
Coloured Fused Glass Bowls\* 9.30am-1.30pm £30
Felting a Bag\*
Bracelet, Ring & Brooch workshop\* 10am-2pm £30

#### **ENROLLING IN CLASSES – Adult Learning Terms & Conditions**

#### **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 - during term time only: Monday-Thursday 9am-2pm and Monday-Wednesday evenings 6.30-8pm

Enrolling by phone: call us on 01954 288751

Enrolling by email: community@astreacottenham.org 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
- 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 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 may be available at the discretion of the College if you are: in receipt of the "Guaranteed Credit" element of the Pension Credit in receipt of a means tested benefit, e.g. Working Family Tax Credit in receipt of Universal Credit

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 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@astreacottenham.org
- 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 I 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 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 office 0 | 954 28875 |.

#### 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 office, 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

#### **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.

#### **VENUE Hire at COTTENHAM VILLAGE COLLEGE**

Excellent facilities available for hire evenings and some weekends for meetings, conferences or clubs. This can be on a block booking or casual basis. Contact the College for further information on 01954 288944 Or Email andrea.swain@astreacottenham.org



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

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
- Modern Gym with fitness classes
- Refurbished changing rooms, with showers and lockers

#### SPORTS CENTRE COURSES

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

# PLEASE NOTE: ALL FEES MUST BE PAID BEFORE THE START OF THE COURSE UNLESS PAY PER SESSION IS APPLICABLE

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

FITNESS CLASSES

 Monday:
 Box Fit
 7:15pm-8:15pm
 Gymnasium

 Tuesday:
 Circuits
 7pm-8pm
 Gymnasium

 Friday:
 Lets Glow/Kids
 5-5:45pm/6-6:45pm
 Sports Hall

Members Cost: FREE

Non Members Per Class: £5/£15 for 4 sessions

**Fitness Suite Memberships** 

Silver Membership Student & Concession: £18.50 per month Adult Membership: £22.50 per month **Gold Membership** Student & Concession: £28.50 per month Adult Membership: £32.50 per month Single Session: £6

Cottenham Tennis Club Memberships: April 2019 - April 2020

 Juniors (Under 16)
 £20

 Student
 £22

 Adult
 £45

 Family (based on two parents & two Children)
 £85

Family (based on two parents & two Children)

£85
£15 Per Additional Family Member
£15

Plus I on Family £15

Wednesday: Club Evening 6.00-9.30pm
Thursday: Coaching 5.00-9.00pm
Thursday Match Fixtures & Club Courts Available 6.00-9.30pm
Saturday & Sunday: Coaching & Club Courts Available 9.00am-12.30pm

Court Fees outside of hours: £2.50 per hour

Badminton Classes MONDAY Evenings

Juniors (Yrs 5-12)5.30 – 6.30pm£3 per session Pay as You GoBeginners/Mixed Age6.30 – 7.30pm£6 per session Pay as You GoIntermediates7.30 – 8.30pm£6 per session Pay as You GoAdvanced8.30 – 9.55pm£6 per session Pay as You Go

**TERM PRICES AVAILABLE** 

#### **GP REFERRAL CLASSES – SOUTH CAMBRIDGSEHIRE ACTIVE & HEALTHY 4 LIFE**

Patients are referred by a Health Practitioner to improve their health through an individually tailored fitness programme over a 12 week course. Conditions that benefit from exercise include obesity, arthritis, high blood pressure and cholesterol, diabetes and depression. **How do 1 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

Active &

Healthy

# ADULT LEARNING BOOKING FORM

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

### **CHEQUES PAYABLE TO: ASTREA ACADEMY TRUST**

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

THE FOLLOWING GROUPS MAY BE ABLE TO CLAIM THE CONCESSION RATE AT THE COLLEGE'S DISCRETION

Working Family Tax Credit

Universal Credit

Income Based Benefit

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

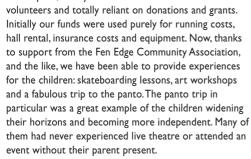
Please note that proof of above will be required otherwise full fee will be due.



### **FECA IN RAMPTON**

### RAMPTON FRIDAY CLUB

Rampton Friday Club is entering its second year and we are going from strength to strength. Formed initially as a place for friends to get together during the dark winter months, we soon found there was a need for a group where children could play, have fun, become independent and develop friendships. Hence Rampton Friday Club was born. We are a small group, specifically for the children of Rampton, run by



The children have input into how they would like the sessions to run and what experiences they would like to try. Most of our ad-hoc events have enabled the children



to try things for the first time and to overcome some challenges. In the future we aim to teach additional life skills such as first aid and cooking. If you want to share your skills with our group we would be pleased to hear from you.

The children respond well to being part of something. As a group they participate in wider village events. They ran a games stall at the Village fete, joined in the village litter picks and helped at the Rampton pop-up breakfast café.

We are open to new members (Rampton residents only) from the ages of 5–14. We currently meet on a Friday evening from 6–8pm, twice a month, plus additional ad-hoc events.

### **RAMPTON '77 COMMITTEE**

### **Events**

**Saturday 14 March 2020**—Grand jumble sale at Rampton Village Hall. Doors open at 10am. Admission 30p. Refreshments available. Any donations to the jumble sale may be dropped off at the hall the previous day or first thing on the morning of the sale.

Sunday 5 April 2020 1—4pm. Rampton Easter egg hunt (last entries at 3pm). Entry in advance from: adlib.org.uk/easter or on the day from Rampton Village Hall. Entry per child £2.50 (£4.50 for two) in advance or £3 (£5 for two) on the day. The event involves an egg hunt around the village together with refreshments and homemade cakes, kids' crafts, face painting, games.

Easter photo booth, grand Easter raffle, books from the Book Warren and stalls (bottle, cakes, toys).

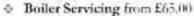
**Sunday 26 April 2020**—Rampton Relay. Giants' Hill Meadow adjacent to All Saints' Church, Rampton. Registration in the field from 2pm for a 2.30pm start. Entry fee £3 for an individual runner, £10 for a team of four. This event is run over a circular cross-country course of one Rampton mile, which can be tackled by single runners running one or more laps, or by teams of four in a relay. We run against the clock and medals are awarded in recognition of achievement. Certificate for all entrants. All proceeds are donated to a local good cause; this year we have chosen to support our local first responder in the purchase of equipment.

# Murray Heating Services

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# **FECA IN RAMPTON**

### **RAMPTON ACTION GROUP**

All Saints' Church is a much-valued part of Rampton village life. With the formation of the new parish of Cottenham with Rampton in June 2018,All Saints' Rampton became a Chapel-of-Ease, often called a Festival Church. This means it continues as a place of worship for all Anglican religious services, but is no longer a Parish Church, obliged to hold regular Communion services. That role is filled by All Saints' Cottenham, which is now the Parish Church for both villages.

As an historic building, All Saints' Church Rampton needs lots of care to keep it in good repair. To oversee that, the Parochial Church Council (PCC) of Cottenham with Rampton set up 'Rampton Action Group (RAG)'. RAG is here to ensure that the church building receives its day-to-day care. We shall also oversee, on behalf of the PCC, future large-scale repairs and refurbishment by applying for grants, working with architects, local councils, contractors and residents. We shall make sure the building stays in good condition for future generations,

and is available for the spiritual and secular life of Rampton. Indeed, by ensuring that the church was not locked RAG has allowed it to be available for a wedding and several funerals, as well as musical events, a Scouts' sleep-out and significant church services.

To keep the building serviceable requires some modest funding. We need £2,400 annually to cover insurance, heating, miscellaneous building maintenance etc. If you would like to know more or want to donate, Mike Hastings (25 Cow Lane, Rampton 07739518070) can provide further details.

#### **RAMPTON VILLAGE HALL**

Our environment needs you....

Saturday 29 February 2020 9.30am to noon, Advice on recycling from Janet Street Sorter: Leap to a sustainable future with sustainable products and ideas to help our environment at Rampton Village Hall. Includes activities for children. Tea, coffee and cake will be served.

### RAMPTON CHARITY HORSE SHOW

The 2019 Rampton Horse Show took place on Saturday 21 September and once again the weather was very kind to us, enabling us to set up, run the show and tear down in warm sunny weather. This was the 32<sup>nd</sup> year of the show and we are delighted to report that the show was very well supported, by both competitors and spectators.

This year we were very pleased to be able to award a brand new trophy, with the very first presentation of the Fen Edge Community Association trophy, awarded to the overall In-Hand Champion. The lucky recipient was Sarah Fulcher and her pony Glannau Cymro, a very handsome 14.1hh 6 year old Welsh Section D chestnut with flaxen mane and tail, which she bought as a yearling from a small stud in County Gwynedd, Wales.

The horse show committee would like to take this opportunity to extend our grateful thanks to FECA for once again supporting our show by not only financing the purchase of this lovely trophy, but also sponsoring the Championship In-Hand class.



Sarah Fulcher, winner of the Fen Edge Community Association trophy.

# English Rose

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www.englishrosebeautyhouse.co.uk







01223 211888

sales@clearglass.org.uk www.clearglass.org.uk

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- Cut glass and greenhouse glass
- Glass shelves made to measure
- Safety glass

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# FECA IN WILLINGHAM

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The club has two main rooms, one for functions and the others a members-only bar. Membership is just £15 for the year, concessions half price. Free members nights are held regularly in the bar where guests are welcome to be signed in. Members reduced bar prices apply.

The Function room is available for hire and we also hold larger more popular events such as Custard Comedy nights, live bands and Wednesday cash bingo for the general public. Most tickets for events can be purchased in

advance from www.wegottickets.com

As events are organised they can be found on our Facebook page or www.willinghamsocialclub.co.uk

#### **Events**

**Friday 20 December 8pm** – members Christmas party, £2 for guests. *Mister J* singer and all round entertainer will be attending.

**New Year's Eve 8pm** – everyone is welcome to a very special night with music, from the live party band On the Ceiling. Tickets available from the club only. Members £15 each, Non-members £20

Friday 7 February 8pm – Members Night with Or Wot, a lively covers band

# WILLINGHAM FEAST BEER FESTIVAL REPORT

We would like to thank everyone for coming out on what turned out to be a bit of a wet weekend and supporting our Beer Festival which kicked off the Willingham Feast Celebrations. As always, this is very much a community-based event, ranging from support from the Willingham Action Group and Fen Edge Community Association who supplied the marquee to members of the local Bee group who manned the door over the weekend.

We also had a full programme of music over the two days carefully selected and managed by Luke Blunt, which saw the return of two of last years' favourites Holly Jean, and The Lightwaves. A big thank you to Luke for putting together two great nights of music alongside Lynda Blunt.

We enjoyed food from the local community. The pork roast, pork pies, scotch eggs and sausage rolls were sourced from our main sponsor and local butchers at Highgate Country Store and the bread from North's Bakery. We had some fantastic beers and ciders, sourced from local breweries such as Rocket Ales, Papworth Brewery, Milton Brewery, Lord Conrad's and Cromwell Ciders all managed by Steve Smith.

It was a wet weekend in more ways than one, but the rain did not seem to dampen your spirits judging by the amount of gin that was consumed at our hastily arranged gin bar with some of you trying a large number of the 30 or so gins on offer.

There were many people that made this event a success, I have singled out a few above, but would like to extend our gratitude to all those that volunteered



At Willingham Beer Festival

their time. From a few hours to many days in some cases, we are sorry we can't name you all, but thank you all the same.

I would like to thank our two main sponsors, Highgate Country Store and A R Aspinall & Sons Ltd Builders Merchants for their continued support and all our barrel sponsors (whose names can be found on the beer festival web site), without whose support this event would not be possible.

Funds from this year's event will go towards the refurbishment of the community kitchen used by a variety of clubs and groups when holding weekly events at the club. This will form part of the programme of ongoing improvements.

Thank you all for supporting this event. Do come along and take part in weekly events like bingo and poker and monthly music and comedy nights.









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### **FECA IN WILLINGHAM**

### WILLINGHAM GARDENING CLUB

### Horticulture & Craft Show 2019

This annual show, organised by the Gardening Club relies on the many helpers who give up their time to ensure that we continue to run the event for yet another year. It is gratifying to see, after all the hard work put in by our judges, stewards and helpers, on the day and with the setting up and dismantling of the Show, the WI for the refreshments and WAGS, that the number of exhibitors was up this year and the Show was well attended by visitors in the afternoon. Without the help from our volunteers and other village organisations the Gardening Club would be unable to maintain the show.

We are grateful also to the many local businesses and individuals who donated raffle prizes or made cash donations to the show. Raffle prizes or cash donations were given by the following local businesses: Berrycroft Stores; The Book Warren & Café; Bushel Box Farm Shop; The Co-op; English Rose Beauty Salon; Foreman's Garage; Grace's Kitchen; Highgate Butchers; Mac Hair Studio; Meraki Hair and Beauty; Ponders Travel; Rainbow Crafts; The Royal Bengal; The Duke of Wellington/Porterhouse; Vintage Travel; Willflower Florists; Willingham Bee Group; Willingham Motors; Willingham Pharmacy; Willingham Social Club, and personal donations from members of the Gardening Club and others.

This has been an especially challenging year for gardeners with late frosts and the extreme hot spell of weather in July impacting on the depleted number of entries in the fruit & vegetable and flower & plants sections. If the effects of climate change are upon us, what should we grow next year to survive and flourish?

However, we saw an increased number of entries in the home-craft, textile craft, art & photography sections, which gave our visitors plenty to look at as well as enjoy the textile craft exhibition, plant and book stall, and a cup of tea and a nice piece of cake in the old hall. An enjoyable day was had by all. As they do each year, our judges and stewards did a difficult job in judging a high standard of entries which had clearly involved a lot of skill and time to produce. We really appreciate their vital input to the success of the show.

Trophies were presented by Wendy Law representing the editorial team on the Willingham News. Sue Ayling presented trophies to the members of the Willingham Combined Charities Allotment holders.

Finally, the Gardening Club would like to thank the headmaster and site manager of the primary school for making the school's facilities available to us.

I hope you agree that the day went well and look forward to next year's show which will be on **Saturday 5 September 2020**, so put the date in your diary now.

Meetings—Meetings are held on the 1st Monday of each month at 7.30pm at Willingham Social Club, Fen End. Except as noted below.

Monday 2 December—Members' Christmas Party.

Monday 6 January — no meeting

**Monday 3 February**—Remedies, Cures and Superstitions by Andrew Sankey

#### WILLINGHAM WOMEN'S INSTITUTE

Our monthly meetings are held on the second Monday of each month at the Willingham Social Club, starting at 7.30 pm. New members are always welcome so please do come along to one of our meetings to find out more about what we plan for 2020. As well as our regular monthly meetings we also have a mixed craft group which meets on the last Wednesday of the month from 10.30am—4pm. at the Baptist Church in Willingham. Everyone is welcome (you don't need to be a WI member) and you can call in for in for part of the day or the whole day.

Our programme for early 2020 is:

**Monday 13 January**—Garden Features, a talk by Andrew Sankey

**Monday 10 February**—The History of Heffers, a talk by Julie Boundford

**Monday 9 March**—Annual Meeting and a social evening with wine and cheese.

If you would like any further information about the Willingham WI, please contact Wendy Law on 01954 202188, or email willinghamwi28@gmail.com.

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### **PARISH COUNCILS**

#### **RAMPTON PARISH COUNCIL**

Recreation Ground—this area is developing nicely, and any thoughts on how to diversify the use of the different areas are always welcome. Volunteer Events in the Village—Rampton Parish Council would like to thank the volunteers that turned out to help with raking of the Wildflower Area on the Recreation Ground and planting flower bulbs in and around the village. A large number of bluebell bulbs have been planted over the last few years with some funding from Cambridgeshire County Council's Farms team, so thank you to them. Please do keep an eye out for these in the spring when you are out walking in Rampton Park Woods. With any luck you may get a waft of Garlic as a few wild garlic bulbs

have been planted in a select few locations. Councillor Vacancies—anyone that enjoys life in Rampton and feels that they could contribute to the village is encouraged to speak to the clerk or one of the councillors, who are always keen to discuss ways of improving the lives of residents and improving the environment that we live in. The Council at the end of October 2019 unfortunately still has two casual vacancies for councillors so if you can help the village out as a Councillor please do contact us.

To contact the clerk, please email ramptonparishclerk@gmail.com
Village events and information about Rampton Parish Council can be found on the village website: rampton.org

### WILLINGHAM PARISH COUNCIL

Meadow Road Site—a few years ago the Parish Council purchased the long term lease for this land from Cambridgeshire County Council. Since then the Council has undertaken quite a bit of clearing work to bring the site up to an acceptable standard so that parishioners can enjoy the natural space. The work is still ongoing and it is planned to plant 50 oak trees and sow poppy seeds in remembrance of all those residents who lost their lives during the two World Wars. If anyone would like more information on the project or needs directions to the site then please contact the Clerk.

Community Orchard—this established site is a very popular location for parishioners to enjoy a walk or relax and have a picnic amongst the fruit trees. The Council are currently undertaking to secure the fencing on the boundary with Earith Road so that dog walkers can also enjoy the space safely with their dogs off lead. At the time of writing the Council were liaising with the A14 Grant Legacy team as a planned extension to the footpath on Earith Road down to the Orchard had been approved. It is hoped that this will be in place before the next financial year, providing a safer access for all who wish to enjoy the space.

**MUGA**—the Parish Council is currently looking into the feasibility of installing a MUGA (Multi Use Games Area) on the Recreation Ground. The

funding for this project will come from \$106 development monies. The project is still in its early stages but a survey of residents needs has taken place and some work on the site location and planning issues that may arise has taken place as well as meetings with experts to discuss the type and size of MUGA best suited to our needs. Further information will be provided as it becomes available.

Parish Councillors—The Council has recently had three vacancies which should have been filled by the time this article goes to press. As a result, we have a new Council Chairman, Mr Derek Law, and a new Vice Chairman, Mr P King. We welcome the new Councillors to their posts and offer our thanks to those who have left for all their hard work and efforts during their time with the Council. Councillors' details can be found on the website.

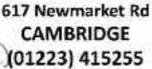
Council Meetings—Council meetings are generally held on the first Wednesday of the month in the Octagon, starting at 7.30pm. Agendas are published on the website, the notice board outside the public hall in Willingham High Street, and in the library. Members of the public are welcome to attend and speak briefly or ask questions (see agendas for further details).

Contact email:

clerk@willinghamparishcouncil.gov.uk website: willinghamparishcouncil.gov.uk

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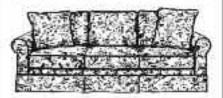
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### **ARTHUR RANK HOUSE**

Christmas Tree Recycling Scheme is back and bigger than ever!

Arthur Rank Hospice Charity will be running their annual Christmas Tree Recycling scheme once again in January, along with the support of the council, Just Helping and numerous local businesses and volunteers. On Thursday 9, Friday 10 and Saturday 11 January 2020 their team of volunteers will be collecting trees from postcodes CB1, CB2, CB3, CB4, CB5, CB22, CB23 and CB24 and in exchange they welcome a donation to the hospice.

The trees are then taken to the waste management park near Waterbeach for composting.

If you would like your tree to be collected, or if you can spare a few hours to volunteer, visit

arhc.org.uk/treerecycling or call the Hospice fundraising team for further information on 01223 675888.

After costs, 90% of the monies raised will go to the Hospice and the remaining 10% will be donated to other local charities.

Last year the Hospice's volunteers collected 1,800 trees and raised over £26,000! Feel good about saving yourself the hassle of disposing of your tree and take part!
Registrations close at 1pm Wednesday 8 January 2020.

### **Knitted Stocking Appeal**

Do you know someone who is a whizz with wool and nifty with knitting needles? Arthur Rank Hospice Charity is on a mission to spread the festive cheer and needs your help! The Hospice is asking the local community to make as many little knitted stockings as possible. And if you're not a dab hand at knitting, you can still help - because they also

need small 'fun size' chocolate bars to pop inside the stockings. The stockings and chocolate bars will then be sold together as little festive treats across the Christmas period, raising funds for the Charity!

If you would like to help, you can either drop knitted stockings or chocolates to the Reception team at the Shelford Bottom based Hospice or get in touch with the community fundraising team by calling 01223 675888 or emailing fundraising@arhc.org.uk. A pattern for the stockings is also available – just get in touch!

# Hospice aims to raise final £35,000 for Hospice at Home team, by Christmas

In May, Arthur Rank Hospice Charity launched its *Help Us Be There* appeal, with the aim of raising £100,000 to fund an additional 200 nights of Hospice at Home care.

Due to limited funding, each night the team is unable to provide care to one in three people referred to them, whose choice it is to remain at home. Difficult decisions have to be made every day, as to which patients and families need support more, that night.

Thanks to the amazing generosity of the community and supporters, as of September over £66,000 has been raised, funding an additional 140 nights of additional care. Each night of holistic care costs the charity £472 per patient. The Hospice is now working hard to try and reach its goal to raise a further £34,000 before Christmas. If you'd like to do something to help, you are invited to Host at Home. This could involve inviting your friends around for a takeaway or preparing your signature dish for your nearest and dearest, in return for a donation.

Alternatively, you may wish to make a one-off donation or pledge a regular gift. Find out more at: arhc.org.uk/helpusbethere or call 01223 675888.







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### FRIENDS OF WORTS MEADOW

For a small village Landbeach has a lot to offer. It may no longer have a school, pub or shop, but it has a beautiful church, a great village hall and associated social club, an ancient tithe barn, a children's playground AND a local nature reserve, comprising Worts Meadow and Bourne Wood. At this time of year, Worts Meadow might seem a little ragged and worn, but with the grass grazed down and the leaves falling, this is the best time to appreciate its origins. The meadow is a scheduled monument as it is a former mediaeval settlement site. A roughly square moat shows where the manor of Bray may once have stood and is now home to Great Crested Newts, Great Diving Beetles and even Water Stick Insects. Other ridges, hollows and platforms indicate other dwellings and possibly agriculture. Bourne Wood, immediately adjacent to the meadow, was planted as a community project in 1992 and is now mature enough to support a wealth of bird life, butterflies and other invertebrates and wild flowers including orchids. The wood was originally also a grassy field and has a remnant orchid population. Spotting and counting the orchids, of which there are four species, in spring and summer is one of the tasks undertaken by Friends of Worts Meadow (FOWM) volunteers. We also help with management tasks such as cutting back scrub, to keep areas open for wild flowers and butterflies. A new challenge has been dense growths of tall plants such as Hawkweed Oxtongue and Prickly Lettuce around the new and renovated ponds, making access a prickly affair. These plants grow well in disturbed soil, which of course resulted from the excavations.

If you are interested in taking part in our wildlife events and activities in 2020, including work parties, (usually held on the 4<sup>th</sup> Wednesday of most months) please join our e-mail list. See contact information below. Or if you just want a peaceful stroll then do visit the reserve.

There is a now new bench that looks over the wildlife ponds at the edge of the wood and two benches in the wood where you can sit and watch the wildlife. 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.

# CAMBRIDGESHIRE BIRD CLUB 2020 Talks

Doors open 7.30pm for an 8pm start, held at St John's Church Hall, Hills Road, Cambridge, except as shown below.

**Friday 10 January**—Duncan MacDonald, The Magic of Orkney

**Friday 14 February**—Daniel Field, Birdwatching through Geological Time

Friday 13 March—Jeff Blincow, Birding in Yunnan Friday 3 April—Ben Macdonald, Rebirding – rewilding for birds at Tony Cooper Suite,

Cottenham Village College More information on the

website: www.cambridgebirdclub.org.uk

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#### **BIGMOUTH**

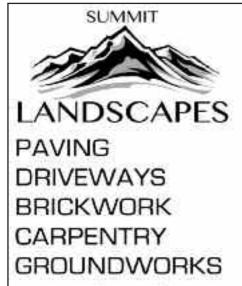
When you open your big mouth to sing, you feel good! You've probably heard that singing is good for you: improving posture, lung function and even mental health. Now, you might reserve your voice for that great solo spot in the bathroom or even a spot of karaoke. But singing with other people is even better for you! Research has shown again and again that social activities, such as singing with a choir, are not only good for you physically, but mentally too. Thankfully, you don't need to go too far to find the perfect musical workout in Cottenham and the Fen Edge Patch. Cottenham's own bigMouth

choir has been together



Members of bigMouth and sibling choir SBS Community Choir in the 'green room' during the interval at a charity concert in 2019. Photo by Liz Morris.

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for thirteen years (lucky for some) and meets every Thursday evening in a wonderful rehearsal space led by Siobhan Lihoreau, the most able and talented choir leader this side of the B1049. The rehearsal space is a cosy, converted double garage at the back of their house with a piano played by the nimble ivory ticklers of husband Tim. It's the best place to be 7.45–9.30pm on a Thursday evening, with the option of a chat and a glass afterwards.

The choir may never make it to Carnegie Hall but we have sung at the Royal Albert Hall.We've also performed several times at West Road Concert Hall in Cambridge, the Fen Edge Festival and a lot of other events in and around over the years. We've even sung with our sibling choir in Saffron Walden and in France as part of the Fen Edge Twinning Association activities.

There are no auditions and you don't need to be able to read music. Everyone is welcome, nobody is tone-deaf, not everyone is pitch-perfect. Your vocal workout playlist might include everything from Whitacre to Wonder, Rutter to 'Rhapsody' and a whole lot in between.

bigMouth is the 'grownups' section of the bigger TyrannoChorus choir, with TongueTwisters being the junior section and VoxPop the teens. You can find us on Facebook and Twitter: https://www.facebook.com/BigMouthSinging https://twitter.com/tyrannochorus Or, email Siobhan on slihoreau+bm@gmail.com for more information

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# FEN EDGE TWINNING ASSOCIATION

The Fen Edge Twinning Association has over 50 active members and is keen to attract new members. The more members we have, the more we can do to help our own community and the communities that we are twinned with. There is a formal structure to a Twinning agreement which has to involve both the local governments and the citizens of the communities involved (see www.twinning.org for details), but as far as the members are concerned, it is largely about having fun. We get to learn how our counterparts live their daily lives

The Fen Edge Villages are twinned with the town of Avrillé, just outside

and why they do things the way they do, and we get to show them

how we do things.



Twinning fun in Avrillé

continued on page 59



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continued from page 57

Angers, in France and we recently celebrated 20 years of that relationship.

We think it is especially important now to maintain the links we have and to forge new ones when we can, because of the tone of the debate as we move towards a likely exit from the EU.

Currently, the main activity for the members of FETA is the annual twinning visit which normally takes place in May over a Bank Holiday weekend and aims to be family-friendly. One year, those who wish to, travel to Avrillé, to live for a few days with a French host. The next year, those who wish to, receive one or more French visitors into their homes for a similar period. The host country organises a few formal events such as meals, dances, sight-seeing, but we get plenty of time to get to know our hosts/guests in our own way. Other activities include participating in village fetes and parades and a little fund-raising. If you are interested in joining, or simply wish to know

more, please e-mail fenedgetwinning@gmail.com or

contact us via our Facebook page.

#### FEN EDGE ORCHESTRA

Fen Edge Orchestra was busy during the Autumn Term, expanding its repertoire and rehearsing new pieces, which can be heard at the next concert. This will take place on Saturday 14 March in Histon Baptist Church, starting at 7.30pm. Entry is free, with a retiring collection. The varied programme will include Haydn's Clock Symphony, three pieces from a popular set of Spanish Dances by Granados, and orchestral arrangements of some Hungarian folksong inspired Duos for 2 violins by Bartok.

The orchestra has welcomed several new members during the past year. Rehearsals are on Wednesdays in term time at 7.30pm in Cottenham Village College. If you are interested in playing in a friendly, informal group, take a look at the website: fenedgeorchestra.wordpress.com. Do get in touch! At the moment there are vacancies for violins, violas, double bass and trumpet, but there is also a waiting list for other instruments. There are no auditions; when a place becomes vacant, you will just be invited along to a rehearsal.

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#### **ROTARY**

#### **Waterbeach Business Forum**

Many business leaders find that networking with likeminded individuals can help them discover new ideas and motivation. Things get better, if those like-minded individuals also have a community spirit and are always looking for ways to 'put back' into their communities. And even better if those people are not trying to hardsell their products or services to you.

That's the Rotary Business Forum. We're a friendly bunch of people with a common interest in business leadership and management, but equally determined to help each other and those less fortunate than ourselves.

The forum meets alternate Friday mornings over breakfast at Waterbeach.

See: www.rotarybusinessforum.org.uk or call Nick Hadley on 07984 388093.

Rotary meets on Mondays (except bank holidays) at 5.45pm for 6.15pm at the Arundel Hotel Cambridge with great speakers.

### Peace activities in October

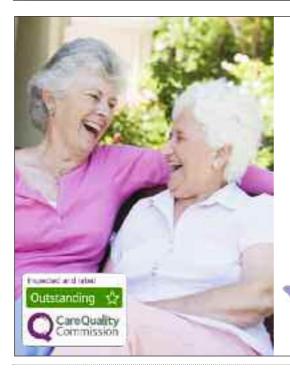
A Rotary Peace scholar (Elaheh Pooyandeh) from Iran, studying for a Master's degree at the University of

Bradford, educated students from five schools (6th formers) about Iran and its history, leading to the tension with USA. Also, teams of three from four schools competed in the peace debate and another Rotary Peace Fellow (Will McInerney, who many Cottenham people heard at the Community Centre in March) presented brilliantly about the importance of young people finding their voice.

#### Memory café

This is held at Girton on the first Friday of every month. See the website above for more details, including the theme for the month. It is at St Vincent's Close Community Centre CB3 0PD.

More volunteers are needed for **charity car parking** – if you could spare a few hours and would like to help at Christmas 2019 (weekends November 23 to December 21–22 and then December 27–30) please contact: smithmichaelstanley@hotmail.com Please also look for the Rotary signs on Lensfield Road and Tennis Court Road if you are parking in Cambridge on those days. Cost is just £7 and it all goes to charitable good causes.



# Fitzwilliam House Care Home

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# FEN EDGE ARCHAEOLOGY GROUP 2020 Talks

Meetings are held in the Tony Cooper Suite, Cottenham Village College, unless otherwise shown.

Tuesday 14 January—Lesley McFadyen, Under the fen, under the sand: excavating prehistoric land surfaces at Willingham Baptist Church

Thursday 13 February—James Barrett, Medieval northern journeys: From Arctic and mountain hunting grounds to Eastern England and beyond

**Wednesday 4 March**—Richard Mortimer, Conington: The excavation of a Mercian king's enclosure

Wednesday I April—Marcus Brittain, The South Georgia Archaeological project: exploring Britain's overseas territories' at Landbeach Village Hall

**Wednesday 13 May**—Nick Ashton, Stepping into Britain: Happisburgh and the earliest occupation of northern Europe

Monday 8 June—Andy Burnham, The old stones at Histon Baptist Church, Jointly with Histon and Impington Archaeology Group

Contact: feagblog.wordpress.com, feag.co.uk

#### ANYONE FOR CRAZY GOLF?

The Crazy Golf course at the Fen Edge Festival was a great success with visitors of all ages. And now this wonderful attraction is available for members of the Fen Edge Community Association to hire for their next event! The Fen Edge 9-hole Crazy Golf Course comes complete with clubs and balls. All that you will need to provide is some flat ground to set the course up on. With no minimum or maximum age Crazy Golf really is THE attraction to make your next event a memorable one.

#### **REUSABLE CUPS**

### Reducing single use plastic

At this year's Fen Edge Festival, Sustainable Cottenham worked closely with the Festival organising committee to provide reusable cups at all of the bars. This meant well over 1,500 single-use plastic cups being saved from landfill. And the good news is that as a result of this initiative the Fen Edge Community Association have around 300 attractive, blue-printed half-pint reusable cups available to borrow/hire to help do away with single-use plastic at other village events. If you're interested in borrowing/hiring the cups, please contact secretary@fenedge.co.uk.





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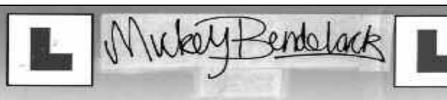
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